

Naturally Good

Magazine

Issue 2

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Institutionalized Insanity**

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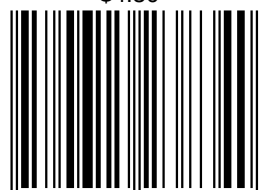
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You may notice some distinct differences between this magazine and others. Throughout our pages, we will provide you with the truth about caring for your health and about the health care industry.

Allopathic medicine has become the tool of choice in treating the diseases which are rampant throughout this country, and as a result; cancer, diabetes and heart disease are higher than ever before in history. Doctors spend their careers covering up symptoms with pharmaceutical drugs; often fighting the God-given system that eliminates disease better than any chemical concoction ever designed with so-called “immunosuppressants”. This sad state of affairs leaves your doctor with a 17% chance of accidentally killing someone this year. They carry special malpractice insurance because they know, but cannot publicly admit, that their treatments routinely risk the lives of the people who trust them. In 1995, a report in JAMA (The Journal of the American Medical Association) said that, “Over a million patients are injured in U.S. hospitals each year, and approximately 280,000 die annually as a result of these injuries. Therefore, the iatrogenic [medically caused] death rate dwarfs the annual automobile accident mortality rate of 45,000 and accounts for more deaths than all other accidents combined.” That was then. Now the medical establishment is the leading killer in the United States. Researchers discovered in the industry's own statistics that in a 10-year period that the medical establishment kills more Americans than have died in all of the nation's wars combined.

However, the brokenness of the system pales in comparison to the corruption of it. As you watch your loved ones suffer ailments whose symptoms are treated but never cured; pharmaceutical companies, insurance agencies, and even some politicians watch their profits grow. The pharmaceutical cartel may well have a drug for every symptom imaginable, and even more drugs to treat the symptoms of pharmaceutical side effects; but they have no cures for diseases. In fact, despite the sheer number of drug-based advertisements on television in this era, we never really hear the word cure anymore. This is no mistake. With the billions of dollars that are donated to cancer research programs each year, it is easy to see that their science is no longer guided by healing, or finding miracle cures. It is about profit and ensuring that the money continues to flow into the multi-billion dollar industry which thrives on the suffering of innocent victims. There will always be plenty of incentives to continue “researching” endlessly, but you can be certain that no cures will ever be published or sold by the establishment. Curing is bad for business.

This goes on despite the discovery of cheap, natural cures for most chronic diseases long ago. These cures are under constant criticism from all those who seek to protect the pharmaceutical industry, and by those who profit from its sponsorship. For the sake of maintaining their business model, they must attack alternative medicine regularly, because their entrenched business empire is so threatened by it. The cartel is especially frightened by the fact that alternative medicine uses natural substances, which cannot be controlled by them, and there is also no way for them to obtain patents on, or make huge profits from purely natural substances. So, alternative medicine is freedom from disease, and it is freedom from them. If you really want to know the truth, then listen to those who have nothing to gain from lying to you.

As you read our magazine, you will discover that we provide you with something that you are not accustomed to: the truth. We hope that you can handle it.

You deserve to finally get the truth, and it is always naturally good.

— The NGM Staff

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Understanding the Complex Dance Between Abusers and Victims — Why Neither Side Can Get Enough

By Sarah Cain, Staff Writer



Part of this article was originally written for a local newspaper at the request of Davie Domestic Violence and Rape Crisis Center (N.C.) during the period that I worked with them, but sadly, this article was rejected just before publication for political reasons. (i.e. It was bad for business.)

Our Environment Of Abuse

Whether occurring in homes or elsewhere, this is an era in which a person needs not gander far before encountering abusers and victims. We are surrounded by abuse to such a degree that it has become a common topic with the news media.

For instance, there was a recent case receiving national media attention in Palmdale, California concerning a sixteen-year-old girl having her arm broken by school security for dropping a piece of cake, and the case of a college student at the University of Florida in Gainesville, who suffered a pile-on of police and a subsequent taser attack (after he was already subdued and helpless). The latter attack was apparently done in reprisal for his having asked some tough questions of Senator Kerry. Videos of these incidents are wildly popular on the Internet as outrage about them grows.

It is important to note that the majority of law enforcement officers are reasonably good citizens, but the exceptions provide us with perfect examples of classic abuser behavior. These incidents are far from isolated, and recent nationwide media coverage has featured video footage of several schools in which children were beaten by the very authority figures who were bound to protect them.

The origins are similar regardless of the form abuse takes, when we consider the following. Despite the angle used to view abuse, the very basis behind it consistently remains power. The abusive authorities involved undoubtedly sought an occupation built upon yielding power over others. It is unfortunate that those who crave power the most tend to deserve it the least and abuse power the most: whether the abusers are law enforcement, politicians, parents, spouses, school officials, or even nations.

Abusers Are Not Born. They Are Created One Blow At A Time.

Abusive personalities are most commonly created by feelings of powerlessness stemming from experiences in early childhood with over-controlling parents. It is the reason why abuse is a pattern typically repeated throughout generations of families. The abuser's sense of powerlessness is wrought by his misguided parents, and it remains permanently unless there is intervention. An abuser's perceived lack of control in his environment causes him to develop controlling tendencies in an attempt to compensate for his sense of powerlessness; and this is especially noticeable in his interpersonal relationships.

His controlling tendencies eventually become an overwhelming drive for more power over others who are the closest to him. His irrational drive to control and meticulously monitor his inner circle are his attempts at escaping his ceaseless sense of impotence. He often literally loses control at this stage, which ironically, is his greatest fear.

The great cruelty of abuse is that there are usually at least two victims: with it having grown from the seeds planted by child abuse.

Because of his past, the abuser's ability to meaningfully relate to others is fundamentally crippled. While being emotionally crippled, he nonetheless feels one emotion constantly and with the greatest of intensity: jealousy. He may be glib and superficial in the public scene, but the dual side of his personality is revealed in private. He lives in a polarized world consisting of enemies and allies.

I contend that love is the opposite of power, but to him, love *is* power. This is what his parents taught him, after all. Love is his weapon to guilt his allies into bending to his will. His love is shown in protecting the people he loves, even when he protects them in ways destructive to their greater well being, and against their wishes.

His every response is foremost about maintaining predictability and control, and in order to maintain these things, the obedience of others is required. In his quest to maintain control of his environment, the whims and ideas of others just get in the way of his making the world right. He is a master manipulator, because he has spent his life learning that controlling others means manipulating them. He has an extreme form of extroversion whereby he is so deficient in *soul* (for lack of a better term), that his personal sense of fulfillment must be measured in those around him. Others must be controlled for their own good, in a manner akin to the maintenance of personal property, or farm animals.

As the author Judith Herman noted, "his victim is merely an extension of himself; like an appendage. This compares to the way in which people may become sentimentally attached to material objects, or the same psychological way which we feel an emotional attachment to our own limbs. To an abuser, a separation from, or defiance from his object of obsession is as



maddening to him as it would for us if suddenly one of our arms took on a defiant will of its own.” His panicked responses to simple disagreements within his inner circle are incomprehensible for most of us. He is everywhere, and you already know at least a dozen people like him.

Some abusers can be redeemed, and thus saved from themselves. This path is very difficult and humbling because it requires that he not only recognize the problem, but also face with painful honesty why he has such a reactionary drive. It is only through self-understanding and acceptance that an abuser can change. It may involve the prospect of forgiving himself or the parents who made him that way. Foremost, the desire to change must exist in the abuser.

Traditional methods of helping abusers to recover through forced therapy and rehabilitation have rendered entirely unsuccessful results. These methods merely fuel an abuser's sense of powerlessness and personal violation more, leading to additional problems with rage in his relationships. Thus, incarceration is likely to merely transform him from an abuser into a monster.

In the worst abuse cases, domestic violence and child protective service agencies save lives, and provide last resort assistance for victims, but it is ever important that they keep in perspective the dire consequences of unnecessary legal interventions.

Feminist Empowerment Policies: Making Certain To Break-Up Families (The Real Enemy Of Feminism)

As with the standard approaches toward treating abusers, the same can be said for the conventional empowerment method of helping victims. It regularly succeeds in the self-defeating task of creating an abuser out of a victim. It is yet another case of misguidedly replacing love with power, as its very name betrays. Empowerment is a victim's reactionary response to pervasive feelings of powerlessness at the hands of a controller. It is a pathologically unhealthy philosophy promoted by feminists; replacing fear with hatred, and exchanging one type of lopsided relatedness for another, in regard to the opposite sex. It often involves the highly destructive suppression of the more submissive feminine qualities, depriving relationships of their warmth, color, intimacy, gender roles, and natural equilibrium. Whenever a relationship has someone empowered, one partner is an abuser and the other is a victim. Abuse is always for the enforcement of power.

“Marriage has existed for the benefit of men, and has been a legally sanctioned method of control over women... We must work to destroy it. The end of the institution of marriage is a necessary condition for the liberation of women. Therefore it is important for us to encourage women to leave their husbands and not to live individually with men.... All of history must be re-written in terms of oppression of women. We must go back to ancient female religions like witchcraft.”

— *The Declaration Of Feminism*, 1971

Empowerment is a bogus cure which perpetuates the disease; setting up another sexual us-verses-them scenario in which there can never be any winners. No healthy relationship is ever based upon power. True love is a process of surrender; not conquest.

Love is the opposite of power, and this is the core theme of my upcoming book about my own abuse experiences. Most of the so-called abuse “survivors” have been empowered by the complete wrongfulness taught in current books — and if these people were indeed healthy and recovered, then they would not feel such a need to constantly remind themselves, and everyone else, that they are survivors.



“Since marriage constitutes slavery for women, it is clear that the women's movement must concentrate on attacking this institution. Freedom for women cannot be won until the abolition of marriage.”

— Sheila Cronin, leader of N.O.W.

“Men who are unjustly accused of rape can gain from the experience.”

— Catherine Comins

“She Was Asking For It”

We have been trained by the feminists to immediately react with hostility upon hearing, “she was asking for it”. It is difficult to know which is more tragic: the fact that feminists have had such a profound influence upon our society, or the fact that the statement is sometimes true. Sometimes even decent and intelligent women do actually ask for their abuse. I know first-hand, because I existed as such a woman over a period of years. My experiences mirror those of thousands of women around the world, so perhaps this difficult topic will be easier for them to digest if I discuss my experiences instead of generalizing, as before.

Because of the death of my mother, I was raised by my Aunt and Uncle from the age of six until my middle teens. While in their care, I experienced practically every type of abuse that a person can experience, and amazingly, these two people were police officers who worked with troubled children. (Child abusers like to place themselves in occupations that give them access to children.) It would be many years before I would realize the effects of their abuse, and how it would later effect my relationships.



I learned as a child that I was a good and loving person when I not only accepted abuse without resistance, but when I

actually expected it. They taught me that close interpersonal relationships, families, and people who loved one another operated in master-servant like relationships. They taught me that love was about power, and their love was demonstrated to me whenever they enforced their power over me. Whether it was choking me into unconsciousness, or lewd sexual acts, I was always told that they only did such things because they loved me, and because it was for my own good. It would make me a better person. I believed them. I was only a child.

Because of the lessons that they had impressed upon me, I had numerous close calls with pedophiles during my early teen years. These chilling encounters are understood clearly now in retrospect. Most girls would have immediately seen the warning signs of those predators, but I naively missed them all. I suppose it was because the flirtatious behavior of those men seemed like normal behavior to me. It is what I had learned to expect from guys; especially the older ones. At some unconscious level I believed that this was the sort of behavior that one should expect from a father figure, for instead of romance, I was seeking the father that I never had. Through all their flirtatious encounters (sometimes stalking), I believed that their behavior demonstrated love, because I had been taught this was love. My Uncle Gary had taught me this well at a very young age.

I was incredibly lucky not to get entangled with any of these men despite the fact that I was too naive to understand them or their true motives. I continued to be lucky until I met Richard.

Richard Huneycutt Jr. was an 33-year-old ex-convict from North Carolina, and I was a 14-year-old English girl when we met. He had been to prison for abusing and kidnapping his own wife, but it would be a long time before I learned of his true history. He had spent a long time searching the Internet for someone like me: a young girl who was seeking her next abuser. The games immediately began, and he was soon bragging to his friends that I was “young enough to be trained”, without ever admitting my true age to them. Thus began what is known as the “grooming the child” process used by pedophiles to beat down their victims into absolute secrecy about the nature of the relationship, and to foster absolute obedience. This obedience was at the core of everything, because all abuse (even sexual) is a matter of a power-drive out of control. He went so far as to have me call myself his “slave” and I had to address Richard as “Master”.



He explained to me that we had a rare and special kind of love that the rest of the world would never understand, so my absolute loyalty and obedience had to be unwavering. It would be me and him standing against the rest of the world if necessary, because the rest of the world was immoral.

Several years later, as I contemplated suicide, Richard plotted his journey to England to slaughter me and all of my friends as punishment for my disobedience. This is when I finally began realizing what I had gotten myself into.

It would be easy and tempting to place all of the blame onto Richard for the tragedy, which helped bring about his death, but I would have learned nothing if I had taken that easy path. Certainly he was evil, but he was exactly the sort of evil person I was seeking to abuse me. Twisted as it may be, Richard was giving to me what (at least unconsciously) I had been taught was love. In fact, it was not until the very end that I ever doubted that he had been showing love to me. He was the new father figure replacing Uncle Gary, and he would have made Gary proud.

I was an enabler like so many other abused women. I did everything I could to enable the abuse, so I could get some "love". Whether it was jealousy games, intentionally getting myself caught lying, or playing the role of a basket-case, I worked tirelessly to fuel his anger. With my lack of self-esteem, it was never a problem to believe that I deserved all he could dish out and more. In fact, because of my self-esteem problems, I used him to get the punishments that I felt I deserved. I asked for it, time and time again. Thousands of women are doing exactly the same thing without ever realizing exactly what they are doing, or why they are doing it. It is the dance of abuse. It is why the cycle repeats for them.

Recovering From Abuse

True recovery comes from the self-understanding of painfully and honestly appraising what happened, how it happened, and why it happened. This is impossible for most abuse survivors, because like their antagonists, they are too busy looking for blame in their partners to ever be truly honest about themselves. Forgiveness is not always easy, but without forgiveness, they tend to perpetually live in their self-imposed hells. Empowered people are those who are still locked in their former power structures, for it is still about "winning" against their abusers, and proving that their abusers no longer have any power. Of course, this obsession only proves that the abusers do in fact still have a power over them. Moving on means: moving on. In flashbacks and dreams, victims are

reminded that they were a part of something that went terribly wrong, and something needing serious reflection by them. These are not merely cruel tricks of the mind. They are the painful manifestations of victim's guilt (even if undeserved). More often than not, these fuel rage to lead victims down the same abuse path again as the cycle repeats. They never understand why they are perpetually attracted to so many of the bad guys, who initially seemed so good.

The recovery process for both abusers and victims is remarkably similar, as both require the harsh realizations about their true roles in the relationship, and the unconscious drives which ultimately led them into such dastardly situations.

Exceptional Abusers

The exceptions to what I have written are the sociopathic abusers and ritualistic abusers. The first category entails those who were born without the capability for a conscience, or at least without the emotions necessary to truly empathize with the suffering of others, and the latter category of people willingly harms others (usually children) to satisfy pagan gods (in some cases the Devil himself) in religious rites. Both these categories of people do exist, and much more so than most of us would like to believe. The prisons are full of them. These two exceptional groups of abusers are the true monsters, who are unlikely to ever redeem themselves.



Recovering from the past (even the present) can be a difficult thing, but with faith, love, forgiveness, and God's help, you and your loved ones can weather it. Understanding, self-understanding, and enormous amounts of patience are required.

Kurt Needs Our Help

Kurt Danysh was an outgoing 18-year-old boy, whose troubles began when he was placed on Prozac by a doctor who performed no psychological testing. The teenager quickly became withdrawn, and his emotional instability tailspinned as he became reckless and violent. The rapid drug-induced deterioration of his mental health continued, placing him in a fight with his best friend, and he later intentionally crashed his truck into a stone wall. This era of Kurt's life tragically ended with him fatally shooting his father only 17 days after his first dose of Prozac.

"I was on Prozac. It's supposed to calm me down, and like level me out, but since I got on it, when something bothers me, it bothers me to [the] extreme. I just act differently. I don't have the energy or personality I used to. I spend half the time in a trance. I didn't realize I did it until after it was done, and then I realized it. This might sound weird, but it felt like I had no control of what I was doing, like I was left there just holding a gun."

- Kurt Danysh, police confession

Kurt had no prior history of violence. Prozac had distorted both his thinking and his behavior, but the court ignored these facts. It sentenced Kurt to 22.5 to 60 years inside a maximum security prison. He has been incarcerated at SCI Frackville Prison in Frackville, Pennsylvania, since 1996.

Eight years into Kurt's conviction, the FDA finally admitted that SSRI antidepressants such as Prozac cause suicidal and violent behaviors, particularly in adolescents and children.

Since then, it has been revealed that Eli Lilly & Co. (the makers of Prozac) covered-up its own data from 1988, which linked Prozac to violence. No disciplinary action was taken against the pharmaceutical corporation.

Kurt has gained his GED and a paralegal degree whilst incarcerated, and has launched the SAVE campaign (Stop Antidepressant Violence from Escalating) in the hope of saving other children from his fate. When he is released from prison, he intends to help other victims of psychiatric SSRI drugs. Kurt is not alone in his battle against these psychogenic medications, but in order for this sort of injustice to be corrected, the first step is releasing Kurt from prison. While he found a lawyer willing to represent him, neither Kurt, nor his mother have the funds necessary for Kurt to obtain his rightful freedom. We need to raise a bare minimum of \$7,500 in order for Kurt to retain a lawyer willing to begin the process.

If you are able to donate any amount into the Kurt Danysh Legal Aid Fund, please make the payee of checks and money orders to his legal advocate, Martha Lacross, and mail them to:

Kurt's Legal Fund
c/o Naturally Good Magazine
142 Redwood Drive
Mocksville, NC 27028

<http://kurtdanysh.com>



Sunscreen Lies and Cosmetic “Trade Secrets”

By Sarah Cain, Staff Writer



Everything you have been told about sunscreen and sunshine is wrong, and part of a clever marketing campaign designed to benefit large industry. These lies may be putting you on a collision course with cancer. These same corporations have been chemically medicating women through cosmetics for years without their knowledge, consent, and with very little governmental oversight.



Transdermal Medication

In modern medicine, using a patch to administer drugs has become increasingly common. This is because of the recognition that any liquid compound which is placed on the skin is absorbed and somewhat directly enters into the blood stream. Medication by skin absorption bypasses the digestive system making medications more potent. They are often marketed to people who have difficulty taking large or foul-tasting pills.

Liquids and tiny particle pastes will sink through the skin into the blood, giving the digestive system no chance of neutralizing their ingredients. Human skin eventually absorbs all chemical solutions that are rubbed onto it, or lay resting on it. This realization ought to make people rather uncomfortable when considering all of the chemicals that are placed on their skin throughout their lifetimes. These compounds include lipsticks, sunscreens, make-up foundations, and various other cosmetic products.

Most women never consider why lipstick must be reapplied every 4-6 hours. Some of it is absorbed by the mouth, tongue, and stomach; but most of it is absorbed straight into the blood through the lips. Contrary to popular belief, only a small portion of lipstick is removed by napkins and drinking glasses. Women absorb up to 6 pounds of lipstick in their lifetimes. This is an enormous amount of lipstick, and the studies cannot even guess the

total amount of cosmetics consumption for all products. Especially alarming is the fact that the majority of lipsticks contain lead, a heavy metal neurotoxin. Lipsticks are the most toxic of all cosmetic products. Test studies of popular lipsticks have demonstrated that they produce birth defects, and in particular, mental retardation.

Sunscreen

Sunscreen products often contain zinc oxide and titanium dioxide as the two active ingredients. These are known carcinogens, which will penetrate into a person's blood stream. The aluminum that can be found in these products will stay in your body forever as an accumulative heavy metal toxin. A trace amount of it may well do little harm, but it will accumulate in ever increasing amounts, because the human body is incapable of flushing out heavy metals without intervention. The risks are then endless, since such metals persistently accumulate throughout a lifetime, causing numerous unexplainable dysfunctions, diseases, allergies, and an overall impaired immune system. (Aluminum can currently be found inside many food products, including raw ingredients such as baking powder.)

In the past couple of years, sunscreens have turned to another active ingredient: oxybenzone. Oxybenzone is a derivative of benzophenone, which is well known to attack DNA when it is exposed to light, which makes it a particularly interesting choice of chemicals to use in sunscreens. It has been shown to penetrate deep into the skin where it acts as a photosynthesizer. This chemical reaction causes an increased production of free radicals under illumination, which makes it a photocarcinogen. This effect was studied and documented by The Department of Chemistry and Bioengineering at the University of California.





Directly Into The Blood

Logically, a person should not put anything onto his skin that he would not feel safe eating. Absorbing chemicals through the skin is actually far more dangerous than ingesting them. This is because they are not decomposed by the potent acid (hydrochloric acid) in the stomach before reaching the bloodstream. Stomach acid works to neutralize chemical toxins, at least partially, and then the remaining toxins are passed through the normal filtration of the digestive system. In comparison, chemicals absorbed through skin do not get diluted, filtered, or neutralized at all by an acid bath. They enter directly into the bloodstream bypassing digestive decomposition. Ironically, none of us would ever consider eating sunscreen; and yet we follow the misguided advice of the medical establishment which purports that we will inevitably suffer from skin cancer without it.

The truth is that sunscreen ingredients such as zinc oxide and oxybenzone directly cause cancer, and this is the predominant reason why people with large amounts of sun exposure statistically have higher rates of skin cancer, for it is their escalated use of sunscreen that is causing the cancers — not the sunlight.

Sunlight provides an individual with a bountiful supply of all-natural Vitamin D (the kind that a body can actually process). Vitamin D is the most effective of all the anti-cancer

vitamins (only vitamins C, B17, and E come close), so most cancers have a relationship with not having enough natural sunlight exposure. As reported by Dr. Joseph Mercola, more than 50,000 people die every year because of the indirect effects of not getting enough sun exposure.

Do Not Rely On The FDA To Protect You

It may be comforting to think of the FDA as an organization which regulates products with our best interests in mind, but this is far from the case. The FDA works with, and for, the drug companies which funds them during the approval processes. These pharmaceutical companies offer cooperative high-ranking FDA employees lavish job positions where a surprising percentage of FDA administrators can be later found. These bribes are a standard industry practice. Cosmetics, in particular, get very little governmental oversight. Cosmetic companies are given broad liberties, and for the most part, may make whatever claims about their products that they want, and they may include practically any ingredient in their products.

In the words of the former FDA Commissioner:

“The thing that bugs me is that people think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day.”

— Dr. Herbert Ley

Unless they contain an ingredient that has already been banned, cosmetic products do not need approval from the FDA before they are sold, nor do they need to complete any safety testing. Therefore, the safety testing is often performed on us. On top of that, the FDA and FTC actually allow companies to hide information pertaining to the ingredients of their cosmetic products under the guise of "trade secrets". Reading the ingredients of your makeup may prove to be horrifying, but it is probably far worse than they admit. They could write whatever they want in the ingredients list, because the list will never be verified — and they know it.



The Top 10 “Trade Secrets” Of Cosmetics

- Mercury
- Lead Acetate
- Formaldehyde
- Toluene
- Petroleum Distillates
- Ethylacrylate
- Coal Tar
- Dibutyl Phthalate
- Potassium Dichromate
- 2-Bromo-2-Nitropropane-1,3-Diol



They Poison You and Blame The Sun

Never mind that these are the same people who are profiting from selling toxin-laden sunscreens that they claim protects our health, even though it is their products that trigger cancers when exposed to sunlight. They blame the sun which is the mechanism for our bodies' all-natural production of vitamin D (D3), which is, by far, the most powerful of all anti-cancer nutrients. Naturally produced vitamin D3 (from sunlight) is known to suppress 70% of cancers, and cancers are just the tip of the iceberg for the benefits of life-giving sunlight.

Their business is reliant upon keeping us ignorant of this, and afraid of the sun. If the general public ever realized just how much this industry endangered and defrauded them, then the liability for them would be limitless. The aftermath would make the tobacco lawsuits look small-time in comparison. Unfortunately, the business of these corporations is backed by the same medical establishment that once recommended the use of cigarettes for health benefits. Sunlight is bad for business, after all.

Life-Giving Sunlight

“And God said, ‘Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: and let them be for lights in the firmament of the heaven to give light upon the earth: and it was so.’... and God saw that it was good.”

— The Book Of Genesis, The Holy Bible

Vitamin D3 is known as “the sunshine vitamin”, and it is medically referred to as cholecalciferol. It is one of the most important vitamins necessary to maintain good health and for warding off diseases and illnesses. Unlike prescription drugs and supplements, vitamin D3 is available for free, because human skin produces ample amounts of it when exposed to sunlight. Vitamin D3 is produced by our skin in response to exposure to ultraviolet radiation from natural sunlight. The body converts cholesterol in the skin to an inactive form of vitamin D3 that is subsequently converted into the active form by the liver and kidneys. These chemical reactions lower levels of harmful cholesterol. It is nearly impossible to get adequate amounts of vitamin D3 from diet without the aid of sunlight. Sufficient levels of vitamin D are crucial for calcium absorption in the intestines. Without sufficient vitamin D, a body cannot absorb calcium, rendering calcium supplements useless. Current research indicates that vitamin D3 (sunlight) deficiency plays a role in causing seventeen types of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, and periodontal disease. Sunlight has been shown to increase our sense of well-being and to improve sleep, and is the only cure for certain depressive disorders such as Seasonal Affective Disorder. Natural ultraviolet light coming into our eyes stimulates the pineal gland, which helps to regulate hormone levels. Since vitamin D3 from sunlight is essential for the proper handling of calcium in the body, it is critical for the prevention of rickets and adult osteomalacia. The ultraviolet rays are antiseptic and are capable of killing bacteria, viruses, fungi, yeasts, molds, and mites in air and water, and on surfaces. Sunbathing is a useful treatment for many skin

diseases, such as diaper rash, athlete's foot fungus, psoriasis, acne, boils, or impetigo. The warming infrared rays of the sun, or heat from various sources, is useful in the treatment of neuralgia, neuritis, arthritis, sinusitis, and research also had indicated that sunlight empirically increases pain tolerance somehow. The infrared rays also helps to bring healthful, natural body oils to the surface of the skin, keeping the skin beautiful, smooth, and protected.



Remember Common Sense and Moderation

No article about sun exposure would be complete without mentioning the need for using common sense and exposing oneself to it in moderation. As with all other things, sunlight in the extreme can be harmful. We hope not to insult our readers' intelligence with this polite reminder that excessive sun exposure can be detrimental to them. The benefits of sunlight do not actually require tanning, because the human body will produce enormous amounts of vitamin D3 before it begins the tanning process. In fact, the human body will generate all of the vitamin D3 that it can handle for a period of days in only 10 minutes of direct sunlight exposure. A little bit of it goes a very long way, and vitamin D3 produced from sun exposure is literally thousands of times more potent than vitamin D (D2) supplements. Sun burns are, of course, always to be avoided.

Looking Naturally Good

There are alternatives to the cosmetic chemical madness, with products using natural ingredients. As an alternative to facials, many people choose to use coconut butter, which is available in the food section of Walmart and most health food stores. It is also reported to make a great alternative to shaving cream. Apple cider vinegar is commonly used for the skin, and it is a remarkably good conditioner for the hair. Vinegar helps replenish the natural acidic oils of the face and hair that the body uses as an anti-fungal and antibiotic defense. Many people recommend placing aloe vera juice on top of apple cider vinegar, and leaving it on the face for around twenty minutes as an all-natural facial.

As alternative medicine leads the charge, there will be an increasing supply of natural and organic makeup products, some of which are already available in health food stores, and from the Internet. However, our staff recommends carefully reading the ingredients and doing some research, for these products are often not as natural as they pretend.

Most cosmetic products (both natural and synthetic) are designed to make the user look more healthy, while ignoring the fact that there really is no substitute for being healthy. With a healthy diet, the skin and eyes become more radiant, the lips become a deeper color, and the person feels energized and happy. Eating a proper all-natural diet and exercising regularly is the true secret of beauty. Of course, a little sunlight helps too.

Sun Burn Remedies

For typical sun burns, we recommend alternating treatments of apple cider vinegar and colloidal silver. Colloidal silver can be found in health food and herbal stores. Silver products are actually used by the establishment in hospital burn centers, because silver has an astounding steroid-like neutralizing effect upon burns. Aloe vera is useful of course, but it cannot be found pure in regular retailers, and its results are not as rapid when used alone. It is worthwhile to purchase pure aloe vera gel while visiting the health food or herbal store. Of course, since aloe vera gel is another natural ingredient, it can be used safely in conjunction with the apple cider vinegar and colloidal silver, although we recommend waiting upon full absorption before switching from one of these remedies to another. We have seen the incredible results of combining these remedies ourselves, in which sun burns that would have taken weeks to heal were gone overnight. The pain is often gone within an hour of using them. Results like this cannot be had with commercial products.



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Salvia Divinorum: Exposing The Power Of Alternative Herbal Medicines and The People Who Are Threatened By Them

By Thomas Corriher, Managing Editor



It was only around nine months ago when I first read about the herb Salvia Divinorum. At that time, I was researching herbal remedies for drug withdrawal in order to aid someone who had sought our help to overcome a drug addiction. My research uncovered that salvia has an impressive ability to curb the cravings of heroine and cocaine in addicts. It was the following quote by Thomas Prisinzano of the University of Iowa that initially captured my interest:

“You can give a rat free access to cocaine, give them free access to Salvinorin A [the active component of salvia], and they stop taking cocaine.”

Salvia Divinorum is a perennial herb and a member of the sage family. It was commonly used by the Mazatec Indians medicinally for the management of headaches, diarrhea, rheumatism, and anemia, according to Leander Valdez III, Jose Luis Diaz, and Ara Paul of the University of Michigan. The Mazatecs also used the leaves in large doses (50-100 leaves) to induce altered states of consciousness, which they believed helped them to intuitively detect the root causes of ailments.



Studies are slowly revealing more information about the wide range of benefits of *Salvia Divinorum*. Unfortunately, the studies and research do not come quickly, especially when there are no large pharmaceutical corporations to fund it. These companies refuse to fund research into natural substances such as herbal medicines, because natural substances cannot be patented, and they may even eventually compete with their patented drug monopolies. Neither will the FDA fund research into any herbal products, and it uses this lack of research as an excuse to prosecute people who make “*unapproved* medical claims” about herbs to stifle useful labeling on herbal products. This is a policy of stifling the free exchange of any information that would allow competition with its establishment.

Professor Bryan Roth, director of the National Institute of Mental Health’s Psychoactive Drug Screening Program said, “We think that drugs derived from the active ingredient could be useful for a range of diseases: Alzheimer’s, depression, schizophrenia, chronic pain and even AIDS or HIV.”

It is troubling that this incredibly beneficial herb may well be banned before its true benefits are known. *Salvia Divinorum* is a known hallucinogen in high doses, and it has become popular with young people for this reason. While this herb is still legal in most of the world, and the majority of U.S states, this is rapidly changing.

When used in excess as a hallucinogen, the hallucinogenic effects only last for 5 to 15 minutes. Sometimes it is even less. The experiences that are obtained from concentrated doses of this herb may include loss of body awareness (e.g. the sense that a person has become one-with numbers, household objects, etc.), a feeling that one is present in an alternate reality (alternate dimension), ineffability (difficulty describing the experience with words), nature mysticism, and an increased intuitive insight. (Hanes, 2001).

The herb provides these effects for less than fifteen minutes. Then it leaves the user with a sense of tranquility, and

an increased ability to focus for about 24 hours. During this time, the patient is more easily amused, and retains a heightened awareness of his surroundings. Occasional outbursts of uncontrollable laughter may occur for several hours after use, and is reminiscent of laughing gas.

According to Dr. Karl R. Hanes, Ph.D, *Salvia Divinorum* has proved to be very useful in treating the depressions of his patients. The herb was beneficial in treating 5 out of 6 patients in relieving depression, but his studies were forcibly ceased when the herb was made illegal in his homeland of Australia.

Dr. Hanes reported, “Although it is too early to draw definitive conclusions regarding the antidepressant potential of *Salvia Divinorum*, initial results are promising, with the majority of patients reporting lasting benefits from their use of this herb. In addition to significantly reduced scores on quantitative measures of depression, some of the reported benefits of the herb include mood enhancement and increased feelings of relaxation and self-awareness.”



Partnerships and Sponsorships With Big Media By Big Pharma

Despite the obvious benefits, the media has repeatedly attempted to compare the herb with illegal drugs, such as LSD; which implies that salvia is not only dangerous, but that there needs to be hasty intervention leading to a ban. *Salvia* is unlike LSD in every significant way. The two substances are not chemically similar or related. They are used in different ways, and they produce entirely different effects. They manifest their effects over completely different timescales, which is crucial in understanding any possible dangers that may be associated with their abuse.

"Once the media touches a story the facts are lost forever."

— Norman Mailer

The media powerhouses have disbursed a very slanted perspective of Salvia Divinorum using headlines such as "*Dangerous Herb is Legal*" to describe it. No positive benefits have been reported by the mainstream media organizations. Instead, they are propagandizing it as being in the same category as the very worst drugs which are known to possess mind-altering effects. Of course, they never slip-up against their sponsors to compare salvia against the legal prescription medications that do the same things — only much less safely, and they never have the same level of criticism against the pharmaceuticals which do actually kill thousands of reasonably healthy people every year.



God's Medicines Verses Sorcery

The word pharmakeia upon which the modern word pharmaceutical is based is the ancient Greek word for sorcery (ie. the forbidden black art of witchcraft). Sooner or later, society will have to acknowledge that there really is no comparison between naturally good God-given herbs, and the sorcery of chemically engineered potions designed by men to

alter nature. The difference between God-made and man-made really does change everything. Salvia does not kill people, is non-addictive, has vast medicinal uses, and it is practically impossible to have an overdose of it. The only contradiction is that salvia is not to be experimented with alone; especially in high doses, because some people may panic due to the hallucinogenic effects. These effects last for a very short amount of time, and a person will quickly return to reality after being doused with cold water. This is a free, unpatentable, all-natural antidepressant that does not cause violent tendencies, suicide, fits of rage, hate, anxiety, addiction, heart trouble, brain tumors, cancers, or sexual side-effects. It even cures the addictions of other drugs, possibly even curing addictions to dangerous antidepressant pharmaceuticals. Despite these positive effects, pro-pharmaceutical legislation against it continues to move forward in one state after the next.

"Salvia doesn't cause the typical euphoric state associated with other hallucinogens like LSD. The drug targets a receptor that is known to modulate pain and could be important for therapies as far reaching as mood disorders."

— Jacob Hooker, Brookhaven Chemist

Whenever politicians hear of a substance that may cause an altered state of consciousness, they rush legislation forward to stop its use — that is except for potentially profitable pharmaceuticals which might aid their biggest benefactors. Policy-makers rarely seem to investigate the facts before making rash decisions to legalize substances. More importantly; they fail to consider public interest. It is not the job of government to imprison as many people as possible, or to restrict anything it does not understand. Its job is to represent the will of the people. Placing bans on non-harmful substances causes anger throughout the country, fosters a sense of defiance concerning even legitimate laws, creates a system of profit for drug dealers, and fills the prisons with harmless, otherwise law-abiding people.

"America's alcohol prohibition lasted 13 years, filled the country's prisons, inspired contempt for the law among millions, bred corruption and produced Al Capone. What it did not do was keep Americans from drinking."

— Bernd Debusmann, Reuter's News Service

Prohibition is equally effective for “drugs” like salvia (and I use this term loosely). If salvia were made illegal, the abusers would not stop using it. Instead, they would purchase it in impure forms at higher prices. The stigma created by banning salvia would actually attract more young people to it as a way of rebelling against illegitimate authority, and who could blame them for espousing this truly American attitude? The market would be taken over by drug dealers, instead of herbalists. The herb would undoubtedly be mixed with toxic substances to yield greater profits at a lower value. There would eventually be thousands of harmless people who would be locked away because they attempted to treat their depressions or eliminate their drug addictions with salvia. Such people would be victims of opportunistic politicians, who do not consider the damage that they do to families, or the importance of personal liberties.

Politicians are quick to claim that their actions to condemn



such plants are in the interest of public safety, because banning the plants would stop any possible abuse of them. However, those who would seek to abuse the properties of salvia are the same category of people who would continue to use it despite any legislation. Placing restrictions on a substance only restricts those who are already using their common sense, and who are generally responsible people: in much the same way that locks only keep out the honest people. The druggies frankly will not care which laws are created. The kids who

experiment with salvia will not care either, but the difference will be that many of those teenagers will spend a large portion of their lives in prison for violating a victimless crime against an illegitimate law meant to protect the profits of an elite few whose products do indeed have compelling reasons to be banned. Has the so-called “Drug War” taught us nothing?

Can salvia be abused? Absolutely. So can Burger King, McDonald's, aspirin, Prozac, Pepsi, Coca-Cola and alcohol. In fact, all of these have been abused extensively, but they remain legal even though they are exceedingly more dangerous than salvia. One of the reasons for them having remained legal is because in each case there is a large company, or an entire industry which profits from them, despite the fact that they are sold at the expense of our health. Money has a tremendous impact on the American laws; whether we wish to acknowledge it or not. It has a much bigger impact on policy than either public safety or research. Just like all other plants and herbs, salvia cannot be patented or monopolized by the pharmaceutical cartel, and it can be easily home-grown. So, it has no backing from multi-million dollar corporations.

We should not be surprised if salvia is soon banned in your state too, but at least Prozac will continue to be available at an absolute minimum of \$65 each month from your doctor, allowing those of the system to profitably “manage” your illness perpetually with dangerous and addictive drugs, instead of curing you: year after year. Hopefully, your Prozac will not trigger a psychotic reaction, like it and other similar SSRI drugs are known to do, and hopefully there will be no firearms nearby if it does.



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Our Lone Ranger

Ben Taylor strikes us as something of a cowboy. He is certainly 100% Texan. We like him. He is the President of an alternative health supplies company called Utopia Silver Supplements.

However, not everyone likes Ben. In fact, our heroic crusader has made enemies in some pretty high places — places like Washington, D.C.. The FDA has been in a stand-off with Ben for years. To be fair to the FDA, it was Ben who got out of line. Ben naïvely believed that he and his customers had the freedom to openly and honestly communicate about health issues. Ben forgot that Texas is still a part of the United States, thereby making his freedom of speech the freedom to communicate anything which is not threatening to the profits of pharmaceutical corporations, and he really needs to stop saying the wrong things. Things may have been as Ben envisions for rabble rousers back in 1776, but Ben needs to get with the times, and learn obedience toward our governmental cronies and their corporate masters. Ben repeatedly violated *FDA law* by allowing his customers to use his web site to discuss their experiences with alternative medicine — discussing it in public no less.

The problem was, of course, that every individual who gave a testimonial at Ben's site was in fact making "unapproved medical claims"; meaning that every one of Ben's customers is likewise a criminal for discussing how their illnesses were cured with "unapproved" methods. If you have discussed any of your home remedies with other people, then our staff recommends that you immediately turn yourself in at the nearest FDA branch office.

Ben should have known better. We hope he learns what it means to be a good, law-abiding American.

The Naturally Good Magazine
Trouble-Maker Award



An Interview With Ben Taylor Of Utopia Silver Supplements About Freedom Of Speech In The FDA's Marketplace.

By Thomas Corriher, Managing Editor

Ben: It went on for over 4 years: 12 or 13 court hearings. I don't remember the exact number.

What actually started the whole thing?

Ben: Well, here's what happened initially: a friend of mine owned Utopia Silver Inc., and he had an FDA complaint, which was an e-mail by the way — not a sworn affidavit or anything. It was sent to the Texas Department of State Health Services. And the Texas Department of State Health Services then went to the Texas Attorney General, and they filed a suit against this friend of mine. It went on for about two years, and I think that was around 2003. I don't know the exact dates. Anyway, for about two years, he had a lawyer, and they dealt with it. His attorney said they really didn't have enough to take it to trial. During that time, or thereafter, my friend had another business going on, and he wanted to sell the assets of his silver company. So, I bought his assets and opened a new company with a similar name: Utopia Silver Supplements. Within two or three months they joined me to his old lawsuit. And from that point on, I was the primary target, even though he was still named in the suit.

What was originally written or said to instigate the F.D.A. going after him, and you?

Ben: First of all, the FDA is a tool of the pharmaceutical industry, and their ultimate goal is to control health care — period, including all food products and supplements, in addition to the drugs they already control. So, that is their goal. They don't need a whole lot of reason. But the reason they used is that the website was using testimonials, concerning various products; especially silver. They said the testimonials were claims of disease prevention or cures, and when you have that they said, it becomes a drug, a new drug; which was absolutely insane. In fact, I talked to the attorney general in a meeting in the judge's chambers, and he told me if I claimed that water cured dehydration, then I would have to get a drug license to sell it. So, in their definition, anything beneficial that you put into your body...

Is a drug?

Ben: Oh, if you publicly state that it has a benefit then it becomes a drug, because only drugs in their mind are beneficial. It's such an insane thing, it sounds almost silly to me.

What state are you at now with the FDA and the court case?

Ben: Are you asking where is it at now? Well, we haven't heard from them in about eight months or so, and the document that [Mike Adams / NaturalNews.com] published was the last communication from them to me, or me to them. That was my document to them in challenge to their bogus court orders.

Would it be possible for us to get hold of the initial letter that you received from the F.D.A.?

Ben: Well, you know, it wasn't even a letter. It was like a three-line e-mail, and it was more like a suggestion. I am just trying to think of the terminology, but it was from one F.D.A. official to the Texas Department of Health, or the Texas Department of State Health Services, pointing out that Utopia Silver was using testimonials, and that might be something that they would have an interest in. So, there was no formal complaint. I mean, a complaint is supposed to have a sworn affidavit, you know, saying that someone has witnessed a crime. Of course this is



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a system where anything can be a crime — just whatever they say it is. They don't even follow the rules of normal criminal or civil procedure most of the time. I've probably got it somewhere, but I would have to dig for it. But, like I said, there's not much to it.

Fair enough.

Ben: I'm sure they had communications between them back and forth, but that was the only thing that I could get, and I came up with that through a public information act request.

Do you expect them to drop the case at this point then?

Ben: Well, you know: you never know. The problem is, (and it's really not a problem because I don't worry about it), if you beat them, or if you stall them, or bring them to a halt on their actions; they're never going to write you a letter and apologize, and they are never going to tell you that you've won — that they're wrong and you're right. Generally, you just may not hear from them. So, for eight months or so, I haven't heard from them, but that doesn't mean I won't hear from them tomorrow.

Yeah.

Ben: Just a little side thing on the FDA, we also found that the attorney general prosecuting the case in Texas, and the officials from the Texas Department of State Health Services were all also commissioned officers of the F.D.A.. So, you had officers of the state of Texas also being officers of a so-called federal agency; which is you know is unlawful. It's unconstitutional. You have the division of powers — separation of powers.

Amazing. Out of all the companies out there that sell nutritional supplements and herbs, why do you think they chose to target you?

Ben: You know, when my friend had the company; there wasn't that many silver companies. I don't know how many. I would guess probably only a dozen or so, and his was one of the larger ones. I think they just targeted him, I don't know if they just picked one, or it could have been that he was the only one that used testimonials. I do know that the attorney general told us in the judge's chambers that we had been picked as a test case.

Really? That is interesting.

Ben: Yes.

Do you think that colloidal silver has been attacked more than most supplements?

Ben: Yes, because it has probably received a lot more publicity, at least in the 90's, and the early part of this century. You know, it is very effective, and it challenges the antibiotic industry in a big way.



Do you think the effectiveness of silver is directly related to how aggressively they went after you?

Ben: Well, I think so. If something had little or no effect, they wouldn't even worry about it. So, you know, the intent is to bring all supplements under controlled regulation, and then just

squeeze its use out of the market. Or else, make it so that only pharmaceutical companies can sell it, and they'll sell them essentially like they do the drugs — at very high prices, and at low doses, so they have really have no effect — positive or negative.

Okay. I have one more question for you. Based upon the experiences that you have had going through this with the F.D.A., do you have any advice for other supplement companies that may be going through a similar situation?

Ben: Well, I can tell you one thing: doing it the way I have done is not easy. They don't give up easy. Just because you're right doesn't mean they'll back down. The early part of 2005 is when I bought part of the assets of the old company. So, from early 2005 until now, I have dealt with them until eight months ago. It took three years, or so, to kind-of bring them to a halt. As far as the other companies, here is one thing I know for sure: if you hire an attorney, you are automatically in their jurisdiction, because you have to fight them by their rules, and you're probably not gonna win. I fought them as an individual with God-given, constitutionally-secured rights, and those they can't take away. If God gives us rights, man can't take them away. If man grants us privileges, then man can take them away. So they try to convert everything that is a right — a God-given right — into a privilege. All of these endless rules, regulations and statutes — and once we accept this, you know, then we're really trapped. As for other companies: good look if they ever come after them, because it won't be easy, but at some point, if everybody would stand up to this system, I think it would fall like a house of cards.

Editorial: Fighting Dirty

I was once told, "The worst criminals are never imprisoned. They wear business suits to their crimes".

It is the unstated policy of the FDA to suppress alternative medicine on behalf of the multi-billion dollar pharmaceutical corporations who partner with it. Its job is not to protect the public, and it never was. It never changes, and its first major action back in the 1930's was to suppress silver in lieu of promoting the new and lucrative antibiotic industry. Its checkered history has a tendency to repeat. Its authority is shaky, because it was created by a presidential order. It is a

governmental agency that has no regard for the law or the Constitution of the United States. Because of the FDA, free speech does not exist in the health industry, and your choices are being artificially limited to therapies which are the most profitable, and this inherently means that they are ineffective. Yes, the system is broken, and it is broken by design — intentionally. The FDA has actually been documented to have, on multiple occasions, burned the books and equipment of doctors with rival and alternative therapies. Doctors in the past who refused to be silenced have been imprisoned. Most doctors know to be team players.

In Ben's case, the FDA used state employees to act on its behalf, and the fact that it worked to hide its involvement proves that it was intentionally doing something improper. Playing loose with the law; the FDA hoped to get a precedent in the state court that it could use later, but it would also deny that there was a precedent if it lost by claiming that it was a state case, in a state court, which did not involve federal regulation. This could have prevented Ben from getting his constitutionally provided protection against double-jeopardy, and that was probably the idea.

Silver was once used in hospitals as an effective antiseptic and antibiotic, and it is still used in hospital burn centers for its incredible ability to heal burns rapidly. In 1999, the FDA banned silver from being used in pharmaceuticals,



despite the fact that silver has been safely used as a medicine for centuries. Their decision to do this was allegedly based upon instances of people developing the condition Argyria (a potentially permanent grey coloring of the skin). In truth, the people who changed color as a result of silver either consumed homemade, large-particle silver, or silver nitrate salts, which are the chemically tainted pharmaceuticals which were promoted by the establishment.

The establishment actually poisoned its own silver medications by requiring the addition of nitrate salts, and then it used the subsequent bad results to justify a ban that would benefit the lucrative drug industry that competed with silver products. This is a good example of the FDA's version of "science" — the kind of science designed to produce the desired test results which benefits business. Their motives stem from the fact that it is difficult to control the usage of a natural substance such as silver, and their corporate sponsors cannot patent natural substances. The nitrate salts they required to taint pharmaceutical silver solutions are known to cause cancer, and are extremely hazardous to human health. Ironically, it is for this reason that most red meat products contain nitrates, for bacteria, fungus, and everything else dies when exposed to them. These toxic chemical additives are the real reason why red meats are said to be "cancer causing". Meats in their natural state are not toxic, or cancer causing, and the real danger is from the nitrates that are intentionally put into the meats to extend their shelf-life. Needless to say: the FDA is okay with all of this. Its partners in the food, drug, and chemical industries are being well protected. It is quite an arrangement when the cancers caused by the foods they regulate fuels the profits of the drug industry they regulate. The



fox guarding the hen house never had it this good.

The type of silver product used in alternative medicine (the type Ben is selling) is colloidal silver. There are no known negative side effects from using it. It is made by electrically combining pure water with microscopic silver particles. It is the safe and effective silver, and interestingly enough, it is the type that the FDA and industry has refused to touch. Instead they like to talk about silver in general (emphasizing their poisoned silvers) because the facts and statistics for

colloidal silver products do not exactly help their case, or their business. Whenever the topic of *colloidal* silver is raised, the speed at which the discussion topic is changed to the toxic silver nitrate salts is dizzying, but that is "science" for you. As Ben and his customers can attest to; we're not allowed to discuss the colloidal type of silver medicines. (Ben is not allowed to call his silver products medicines, which is probably why he calls them supplements: but as members of the press, we are going to call it like it really is.)

Ben made an important point about the use of attorneys. Once a person surrenders his case to the care of an attorney, he has effectively placed himself in a position to play by all the system's rules, and the judicial rules are not laws. Ben knew, as should you know, that the Devil does not play fair. Most people choose to be represented by a lawyer out of fear, but when agencies such as the FDA are able to use fear to herd their opponents like cattle into accepting bogus arguments and non-existent laws, then they have already won. It is usually the way things go down.

Ben Taylor has proven that good men of courage can beat them. Thank-you, Ben, and give them an extra punch from Naturally Good Magazine while you are at it.





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February 16, 2005

Ref. No. CL-04-HFS-810-134

Dear Dr. Mercola:

This is to advise you that the Food and Drug Administration (FDA) has reviewed your web site at the Internet address <http://www.mercola.com> and has determined that the products Living Fuel Rx™, Tropical Traditions Virgin Coconut Oil, and Chlorella are promoted for conditions that cause these products to be drugs under section 201(g)(1) of the Federal Food, Drug, and Cosmetic Act (the Act) [21 U.S.C. § 321(g)(1)]. The therapeutic claims on your web site establish that these products are drugs because they are intended for use in the cure, mitigation, treatment, or prevention of diseases. The marketing of these products with these claims violates the Act.

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Tropical Traditions Virgin Coconut Oil

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“Improve conditions in those with diabetes and chronic fatigue”

“Improve Crohn’s, IBS [Irritable Bowel Syndrome], and other digestive disorders”

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“A Delicious Way to Prevent Disease ...”

“[V]irgin coconut oil is rich in lauric acid, a proven antiviral, antibacterial and antifungal agent that is very beneficial in attacking viruses, bacteria, and other pathogens”

“Coconut oil also raises metabolic rate A faster metabolic rate stimulates increased production of needed insulin and increases absorption of glucose into cells, thus helping both Type I and Type II diabetics.”

Page 2 – Optimal Wellness Center

“For those with Crohn’s and IBS, the anti-inflammatory and healing effects of coconut oil have been shown to play a role in soothing inflammation and healing injury in the digestive tract.” “The fatty acids in coconut oil can kill herpes and Epstein Barr viruses They kill Candida and giardia. They kill a variety of other infectious organisms, any of which could cause chronic fatigue.”

Chlorella

“Normalize your blood sugar and blood pressure”

“Fight cancer”

“One of the ways to fight cancer is the use of agents to stimulate macrophage production and activity. Interferon is a natural secretion of the body that is thought to be a stimulator of macrophages and tumor necrosis factor (TNF). Chlorella stimulates the activity of T-cells and macrophages by increasing interferon levels thus enhancing the immune system’s ability to combat foreign invaders whether they are bacteria, viruses, chemicals, or foreign proteins.”

Your products are not generally recognized as safe and effective for the above referenced conditions and therefore, these products are also “new drugs” under section 201(p) of the Act [21 U.S.C. § 321(p)]. New drugs may not be legally marketed in the U.S. without prior approval from FDA as described in section 505(a) of the Act [21 U.S.C. § 355(a)]. FDA approves new drugs on the basis of scientific data submitted by a drug sponsor to demonstrate that the drugs are safe and effective.

FDA is aware that Internet distributors may not know that the products they offer are regulated as drugs or that these drugs are not in compliance with the law. Many of these products may be legally marketed as dietary supplements if claims about diagnosis, cure, mitigation, treatment, or prevention are removed from the promotional materials and the products otherwise comply with all applicable provisions of the Act and FDA regulations. With regard to your Living Fuel Rx™ product, which your website describes as an “optimized superfood meal replacement,” please note that products represented for use as a meal replacement do not meet the definition of a dietary supplement in section 201(ff) of the Act [21 U.S.C. § 321(ff)] and may not be marketed as such.

Under the Act, as amended by the Dietary Supplement Health and Education Act, dietary supplements may be legally marketed with truthful and non-misleading claims to affect the structure or function of the body (structure/function claims), if certain requirements are met. However, claims that dietary supplements are intended to prevent, diagnose, mitigate, treat, or cure disease (disease claims), excepting health claims authorized for use by FDA, cause the products to be drugs. The intended use of a product may be established through product labels and labeling, catalogs, brochures, audio and videotapes, Internet sites, or other circumstances surrounding the distribution of the product. FDA has published a final rule intended to clarify the distinction between structure/function claims and disease claims. This document is available on the Internet at <<http://vm.cfsan.fda.gov/~lrd/fr000106.html>> (codified at 21 C.F.R. § 101.93(g)).

In addition, only products that are intended for ingestion may be lawfully marketed as dietary supplements. Topical products and products intended to enter the body directly through the skin or mucosal tissues, such as transdermal or sublingual products, are not dietary supplements. For these products, both disease and structure/function claims may cause them to be new drugs.

Certain over-the-counter drugs are not new drugs and may be legally marketed without prior approval from FDA. Additional information is available in Title 21 of the Code of Federal Regulations (21 C.F.R.) Parts 310 and 330-358, which contain FDA's regulations on over-the-counter drugs.

This letter is not intended to be an all-inclusive review of your web site and products your firm markets. It is your responsibility to ensure that all products marketed by your firm comply with the Act and its implementing regulations.

If you need additional information or have questions concerning any products distributed through your web site, please contact FDA. You may reach FDA electronically (e-mail) at Kenneth.Taylor@CFSAN.FDA.GOV, or you may respond in writing to Kenneth M. P. Taylor, Ph.D., Chemist, Food and Drug Administration, Division of Dietary Supplement Programs, 5100 Paint Branch Parkway, College Park, Maryland 20740-3835. If you have any questions concerning this letter, please contact Dr. Taylor at (301) 436-1439.

Sincerely,

Susan J. Walker, M.D.
Director
Division of Dietary Supplement Programs
Office of Nutritional Products, Labeling
and Dietary Supplements
Center for Food Safety
and Applied Nutrition

Our staff can attest that the cited claims made by Dr. Mercola are true. We have done enough of the research ourselves to know it, and even the FDA knows it. Of course, the FDA did not dispute that his statements were true, and yet they expect him to remain silent by their decree.

The truth is irrelevant to the FDA. What is relevant to them is the fact that if public health vastly improves from nutritional education, then they are out of the loop. It would mean that their two biggest profit centers, namely cancer and heart disease, would become relatively rare conditions in a decade like they were before the FDA came into being; and they literally cannot afford to let their house of cards go down like that. The system really is designed to keep you ignorant, keep you sick, and keep you coming back for more. This letter is more proof.

Alternative medicine terrifies them, and for good reason. We are doing our part as investigative reporters to ensure that your access to this kind of information stays open, because if they win in their suppression campaign, then all of us lose, and that literally could mean slow and painful premature deaths for all of us someday — but let us not forget the financial ruin either.

God's Nutrition: From The Big Guy Himself

By Sarah Cain, Staff Writer. This article was inspired by a presentation from Pastor Dave Fruehauf.



"If you will listen carefully to the Lord your God and do what he considers right, if you pay attention to his commands and obey all his laws, I will never make you suffer any of the diseases I made the Egyptians suffer, because I am the Lord who heals you."

— Exodus 15:26

The Good Book

The Bible is the best selling book in history, and it is also the most debated of all books. Some believers think of the Bible as a tool, while others consider it to be a history book, and another category of believers considers the Bible to be a guidebook for life. For eons, people have practiced its dietary edicts; and in particular, it has been the Jewish people who followed the Bible's instructions most rigorously about which foods are acceptable. The foods which were blessed for human consumption are commonly called kosher foods. Modern Christians tend to ignore the kosher rules of the Old Testament, using several quotes from the Christ and the Disciples as justification. While it is most convenient to believe this modern political dogma, you will find no place in the Bible where the Christ ever gave us permission to defy God. God's laws of good nutrition are still relevant today, and our refusal to

follow them has resulted in unnecessary illnesses and diseases. This article proves that God was, and always will be, wiser, and more knowledgeable than us. It also explains scientifically the reasons for His nutrition rules.

The Science Revolution

Science and technology have progressed at a dizzying rate in recent history. They have become so pervasive that people are now more likely to use science than the Bible to discriminate between what is good and what is bad for their families. Food consumption is probably the best example of this phenomena. We now have scientific agricultural organizations, the science of biology, and various distribution organizations which inform us about what is best for us to eat regularly, in addition to the government.

God is no longer in the equation, with the exception of the farmers who occasionally pray for desirable weather. Now the equation is scientific. Science has produced an impressive array of information about our foods including their calories, glucose content, vitamins, minerals, micro-nutrients, and how all of these effect our bodies. Science

has also provided us with the knowledge of which foods are the most beneficial and which ones harmfully promote disease pathogens.

So, for the first time in history, we actually have the scientific capabilities to test if God was right. Science has been refined enough to finally answer the question: Did God know what he was talking about? Was it really possible for Him to understand the laws of good nutrition 3,500 years ago without the aid of science?

Forbidden Fruits: Scientifically Testing The Biblical Laws Of Nutrition

“And God said, ‘Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for food.’”

— Genesis 1:29

The food granted to man in the above passage was vegetation. Green vegetation was acceptable so long as it originated from inhabited locations on and above the earth's surface, and so long as it produced seeds. Thus, it is quite clear that God has no qualms with vegetarian diets.

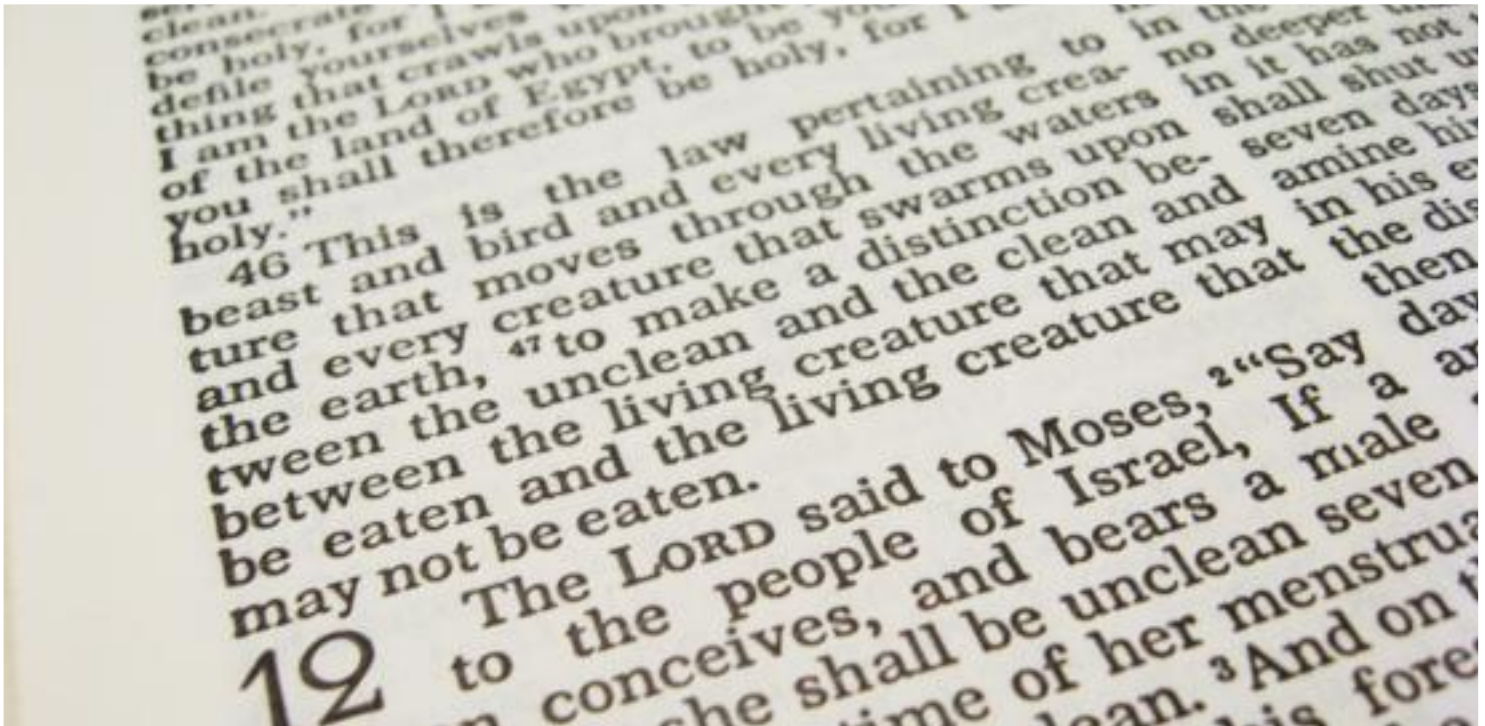
Despite the encouragement of seaweed and kelp consumption by some health food advocates, neither of these is good for routine sustenance, and are forbidden by God's diet because they are not surface plants. Science has proven that



seaweed and kelp are excellent bottom-feeding water cleaners. They are sometimes utilized in alternative medicine due to their phenomenal ability to remove toxins; especially heavy metals. In nature, they do this cleansing job well by absorbing lead, arsenic, mercury, uranium, boron, fluoride, chlorine,

molybdenum, aluminum, cadmium, and nickel from the oceans. By consuming seaweed, one also ingests these toxins which were absorbed from the oceans. Undoubtedly, repeated ingestion of seaweed or kelp would result in severe long-term disease consequences from toxicity, which would be virtually impossible to trace back to the original cause. Mercury alone is a cumulative heavy-metal poison known to cause permanent damage to the brain, kidneys, and the immune system. God was right about under water vegetation.

Not every plant bears seed, and not every tree bears fruit. This eliminates some plants as kosher food sources such as mushrooms, ferns, lichens, molds, and mosses. Science tells us that mushrooms are the fungal spore-spreading vampires of the plant world. They bottom-feed off of the corpses of dead plants and animals instead of getting nutrients from the soil, and they often die in the presence of light. Only experts can determine which mushrooms are safe, and even many of the experts have died gruesome early deaths from accidental mushroom poisonings. The risks are so great that commercial mushrooms are grown indoors with specially treated soil to prevent infestations of poisonous mushrooms. Non-poisonous mushrooms feed candida, the harmful yeast which resides in the intestinal system. Candida stimulates hyperactive allergies and compromises the immune system — overwhelming the body with its waste products. The side-effects of candida are seldom attributed to the foods being consumed, because we have been convinced by the broken health care system that random allergies and random illnesses are a normal and common part of life; when in actuality, everything happens for a reason. We were not designed to be routinely sick, and we rarely become sick when we follow the rules of nutrition.



Ferns produce illness inflicting spores just as mushrooms do, and like mushrooms, about half of the species are poisonous. A large portion of lichens are poisonous. Some Native American tribes used wolf lichen to create poisoned arrowheads. Ground lichen was the cause of death for 300 elk in Wyoming in 2004. Visiting elk from Colorado ate this lichen, which caused tissue decay and eventual death. The native elk were not affected, because their immune systems had developed a tolerance to the toxins. We shall skip the topics of molds and mosses, but by this time, the reader is likely able to guess the toxicity findings for them. God was correct about mushrooms, ferns, lichens, molds, and mosses too.

"Just as I gave you the green plants, I now give you everything. But you must not eat meat that has its lifeblood still in it."

— Genesis 9:3-5

Bloody meat is undercooked meat. Eating uncooked or undercooked meats exposes a person to E.coli, almost every type of bacteria imaginable, and dozens of parasites. Many people choose to eat "rare" steak, but would never consider engaging in drinking blood, even though they are doing so with their undercooked steaks. It is a very risky behavior. Most people experience occasional parasites, but this group is especially likely to have them in massive numbers, and the routine sicknesses that follow.

"Never eat any fat from cattle, sheep or goats."

— Leviticus 7:23

Consuming fat does not just cause undesirable weight effects. Both animals and humans store toxins inside of fat cells. These are the toxins that the body is unable to flush. By consuming the fat of an animal, you are ingesting something which has calories but no nutrition, and toxins but no benefits. A diet of fat therefore seriously impairs overall health, is a known cause of cancer, and a major component of heart disease.

The process of storing toxins inside fat partially explains why diet programs are so prone to failing. It is because until there is a detoxification, the body simply cannot let go of its fat as a matter of self-defense, and most diet programs actually increase the amount of toxins.

"Do not cook a young goat in its mother's milk."

— Exodus 23:19

Milk interferes with the absorption of meat-iron and proteins which are important for muscle growth and general health; especially in children. For this reason, you should never consume milk with meat. The Jewish people

go so far that some will not drink milk for six hours after consuming meat, but the Bible does not make a statement based on time.

“The rabbit, though it chews the cud, does not have a split hoof; it is unclean for you. And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. You must not eat their meat or touch their carcasses; they are unclean for you... You must distinguish between the unclean and the clean, between living creatures that may be eaten [cloven hoofed and cud chewing] and those that may not be eaten.”

— Leviticus 11:6-8, 11:47

Distinguishing between clean and unclean has been largely ignored in recent years. Eating fats has become common, along with huge amounts of chemicals. We were granted vegetation and meat, but never something that was not previously alive. Chemical concoctions in foods could also be defined as the forbidden art of 'sorcery', for what is sorcery other than mixing concoctions together to bend the laws of nature to our will? The animals that are deemed clean (fit for consumption) are herbivores, while the unclean animals are either carnivores, or scavengers.

Pigs, for instance, are scavengers who will happily eat almost anything, including their own waste. They are notorious for being infected with parasites and tapeworms because they roll around in feces and mud for most of their lives. Pigs may also have a parasite called Trichinellosis. The U.S. Centers For Disease Control explained, “Trichinellosis, also called trichinosis, is caused by eating raw or undercooked meat of animals infected with the larvae of a species of worm called trichinella. Infection occurs commonly in certain wild carnivorous (meat-eating) animals, but may also occur in domestic pigs. Nausea, diarrhea, vomiting, fatigue, fever, and abdominal discomfort are the first symptoms of trichinellosis. Headaches, fevers, chills, cough, eye swelling, aching joints and muscle pains, itchy skin, diarrhea, or constipation follow. If the infection is heavy, patients may experience difficulty coordinating movements, and have heart and breathing problems. In severe cases, death can occur. For mild to moderate infections, most symptoms subside within a few months. Fatigue, weakness, and diarrhea may last for months.”



Rabbits, despite being remarkably clean animals also eat their own waste and often carry a disease called Tularemia (rabbit fever). Those who eat and handle rabbits are susceptible to contracting this sometimes fatal disease. Tularemia was documented in the early 1900's during an outbreak in California, when the ailment became frequent with hunters, cooks, and agricultural workers.

“Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales... Anything living in the water that does not have fins and scales is to be detestable to you.”

— Leviticus 11:9,12.

Fish which do not have fins and scales are bottom feeders and scavengers. They collect the waste and toxins from the bottoms of the oceans. They are the clean-up crew of the environmental world. Scientists have discovered that fish with scales and fins are equipped with a digestive system that prevents the absorption of poisons and toxins into their flesh. While the majority of fish have both fins and scales, many of the popular options, including shrimp, crab, lobster, mussels and squid are fin or scale-free and are therefore forbidden. These bottom-feeders are not only full of toxins, but they are the only fish with the bad type of cholesterol. God was correct about fish too, and it is impressive that he knew about cholesterol 3,500 years ago, without the help of science.

“Therefore the Lord Himself shall give you a sign; Behold, a young woman shall conceive, and bear a son, and shall call his name Immanuel [Christ]. Butter and honey shall he eat, that he may know to refuse the evil, and choose the good.”

— Isaiah 7.14-15

Perhaps science will finally prove The Big Guy wrong on this point, after all, he was promoting butter — a known saturated fat. The medical establishment has for decades warned us that there are dangers in using saturated fats such as butter. It has been very convenient for the corporations who make butter substitutes, and likewise, profits are soaring for cardiac medicine as never before. While their statements are false for all but exceptional cases, we nevertheless like to have faith that the medical establishment has more noble intentions than other greedy industries.

These are the facts about butter:

- It is rich in selenium, a powerful antioxidant that neutralizes toxic heavy metals.
- It contains iodine, which is a very common deficiency.
- It is a rich source of easily absorbed vitamin A, which is

needed for a wide range of functions, from maintaining good vision to keeping the endocrine system in good shape.

- Butter contains all of the fat-soluble vitamins (E, K, and D).
- It is rich in butyric acid which is used by the colon as an energy source, and has been identified as an anti-carcinogen.
- Lauric acid from butter is a potent antimicrobial and anti-fungal substance.
- Butter provides conjugated linoleic acid (CLA), which provides excellent protection against cancer.
- Butter contains Omega 3 and Omega 6 fatty acids in equal proportion.
- Butter contains glycosphingolipids which protect against gastrointestinal infections, especially in the very young and elderly. (Because of this, children should not drink skim or low fat milk, because altered milk will cause more frequent diarrhea.)

Only naturally occurring vitamins like those in butter can be readily absorbed by the body. Your body knows the difference between natural vitamins and the synthetic ones, even when chemists do not. Synthetic chemical vitamins added to “enrich” many foods (like artificial butters) are not only practically useless, but actually stress the body since the body correctly identifies them as unnatural, potentially toxic substances, which should be flushed. In choosing the foods for His child, God was sure to point out some of the best.

About Listening To “The Experts”

(Based on the work of Sally Fallon with Mary G. Enig, PhD)

Fats from animal and vegetable sources provide a concentrated source of energy in the diet. They also provide the building blocks for cell membranes and a variety of hormones and hormone-like substances. Fats as part of a meal slow down absorption so that we can go longer without feeling hungry. In addition, they act as carriers for important fat-soluble vitamins A, D, E and K. Dietary fats are needed for the conversion of carotene to vitamin A, for mineral absorption and for a host of other processes. Politically Correct Nutrition is based on the assumption that we should reduce our intake of fats, particularly saturated fats from animal sources. Fats from animal sources also contain cholesterol, presented as the twin villain of the civilized diet. The lipid hypothesis (which began the butter and cholesterol hysteria) states that there is a direct relationship between the amount of saturated fat and cholesterol in the diet and the incidence of coronary heart disease. It was proposed by a researcher named Ancel Keys in the late 1950's. Numerous subsequent studies have disputed his data and its conclusions. Nevertheless, Keys' articles have received far more publicity than those presenting alternate views. The reason behind this is the usual one: money. The vegetable oil and food processing industries, who are the main beneficiaries of research which found fault with competing traditional foods, promoted and funded vast research designed to support the lipid hypothesis, which in turn supported their new hydrogenated oils industry. They paid for the “scientific” results they got, and the medical establishment ran with them. There are many “experts” who still assure us that the lipid hypothesis is backed by incontrovertible scientific proof, including the American Heart Association. Most people would be surprised to learn that there is, in fact, very little evidence to support the contention that a diet low in cholesterol

and saturated fat actually reduces death from heart disease or in any way increases one's life span. Consider the following: Before 1920, coronary heart disease was rare in America — so rare that when a young internist named Paul Dudley White introduced the German Electrocardiograph to his colleagues at Harvard University, they advised him to concentrate on a more profitable branch of medicine. The new machine revealed the presence of arterial blockages, thus permitting early diagnosis of coronary heart disease. But in those days clogged arteries were a medical rarity, and White had to search for patients who could benefit from his new technology. During the next forty years, however, the incidence of coronary heart disease rose dramatically, so much so that by the mid 1950's heart disease was the leading cause of death among Americans. Today, heart disease causes at least 40% of all U.S. deaths. If, as we have been told, heart disease results from the consumption of saturated fats, one would expect to find a corresponding increase in animal fat in the American diet. Actually, the reverse is true, and most people have been following the advice of their physicians and the American Heart Association. During the sixty-year period from 1910 to 1970, the proportion of traditional animal fat in the American diet declined from 83% to 62%, and butter consumption plummeted from eighteen pounds per person per year to four. During the past eighty years, dietary cholesterol intake has increased only 1%. During the same period, the percentage of dietary vegetable oils in the form of margarine, shortening and refined oils increased about 400% while the consumption of sugar and processed foods increased about 60%. Again, heart disease now causes at least 40% of all U.S. deaths, yet it was practically a freak occurrence when butter was a staple of the American diet. Americans are dying from heart disease in record numbers from chemically manipulated hydrogenated oils — the very ones they promised were going to save us. Hydrogenated oils are artificially processed oils that never appear in nature. They are created by food producers for the convenience of food producers — primarily to add shelf life and consistency to foods so that those foods can sit on the shelf for months at a time without going bad — a clear indicator of their toxicity level. Hydrogenated oils (chemically perverted oils and butter substitutes) are the number one cause of heart disease, and a major contributor to neurological disorders in the United States and around the world. Hydrogenated oils are poison to the human body. They accelerate the buildup of plaque in the arteries by causing inflammation, thus stimulating the body to patch the inflamed artery regions with calcium. The human body simply cannot process these unnatural oils. As a result, they bring on heart disease far more quickly than could ever happen naturally. Switching to olive oil and butter may be among the best ways to fend off not only heart disease, but cancer as well — another known side effect of these man-made oils and fats. Most modern studies confirm this, but you will have to dig to find them, because the food industry and the medical establishment ignores them. It is difficult to know how much of this behavior is influenced by professional arrogance, years of brainwashing, or how much of it is just old fashioned greed.

Honey is composed primarily of carbohydrates and water, and it also contains small amounts of a wide array of vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc. Honey contains a variety of flavonoids and phenolic acids which act as antioxidants: scavenging and eliminating free radicals. The carbohydrate blend in honey is

well-suited to sustain ideal blood sugar concentrations after strenuous physical activity. The potent antibacterial activity of honey has been used to keep wounds free from infection, while the anti-inflammatory attributes reduce pain and improve circulation; hastening the healing process. Honey stimulates the re-growth of tissue involved in healing. It also boosts the immune system while decreasing allergic reactions with its naturally occurring antihistamines.

“For the Lord your God is bringing you into a good land; a land with wheat and barley, wines and fig trees, pomegranates, olive oil and honey.”

— Deuteronomy 8:7-8

Olive oil was once scorned by the orthodox medical establishment, but it has since become a recommendation. Olive oil contains cancer-fighting properties, and leads to more efficient cardiac contractions. It contains large amounts of Omega 3, and it is high in antioxidants. Spanish research shows that olive oil will prevent colon cancer. There is no oil which has a comparable amount of health benefits.

Do not be deceived by the marketing of “canola” oils, or the health claims that the medical establishment is making for it. More on this later, but be advised that there were no canola plants in existence prior to 1978. This plant was not made by God. Canola is the industrial oil that gives these magazine pages their glossy finish.

If we ate all of our foods as God commanded in the Bible, then we would undoubtedly be much healthier and happier. It has probably been noticed whilst reading this article that the forbidden foods tend to be scavengers that spend their lives consuming toxins and waste. Whether it be seaweed, pigs, or shrimp; God knew well before we did that these were not good for our health. Repeatedly reassuring His love throughout the Bible, He set rules that we must follow to avoid self-injury. Much like with our own children, God probably just looks down on us shaking His head quite often; expecting us to get hurt each time we fail to listen. I do not believe that God created these rules just to give us something to follow, but because He had good reasons for everything. Some of those reasons have been outlined here. Perhaps you will think twice before eating one of the forbidden foods the next time you are tempted, and be assured that there will eventually be a price to pay if you ignore the rules, and it may result in meeting God long before you planned.

Vaccine Secrets

Institutionalized Insanity

(And You Thought The Diseases Were Scary)

By Sarah Cain, Staff Writer



Special Report

Vaccine Side-Effects

There has been much recent concern regarding vaccines given to children, and their possible side effects. Particularly highlighted is the link between early childhood vaccines and autism. This article provides a list of known ingredients inside vaccines, and their documented side effects. It will aid you in making informed decisions, which is something the industry is against. The corporations involved have attempted to suppress this information for decades. Readers are advised that there are extra chemicals and toxins which are not mentioned, because we based this list upon the ingredients which are public knowledge. If you know of anything we have missed, please contact us. It seems that the more we research this topic: the more sinister it becomes.



The connection to autism has already been repeatedly and scientifically established, and there are many other conditions caused by vaccines which are yet to be proven. Vaccines are said to prevent certain diseases. However, the chances of catching these diseases are incredibly remote, and the horrid side effects from vaccines are so common that vaccines cause much more harm than good. The chance that a particular vaccine will actually offer effective protection varies between 35% and 90%, and almost all of them expire. In some cases, vaccines will infect the patient with the very disease it is meant to offer protection from. Do you think they would do the right thing, and treat you for free?

Vaccine Ingredient: Aborted Human Fetus Tissue and Human Albumin

Did you ever wonder where aborted babies really went? Now you know. From a health perspective, the tissues from another human (not just animals) are still foreign, and therefore toxic to the body. One industry-friendly web site matter-of-factly boasted, "The cells reproduce themselves, so there is no need to abort additional fetuses to sustain the culture supply. Viruses are collected from the diploid cell cultures and then processed further to produce the vaccine itself". The Liberty Counsel reported, "You may be surprised to learn that some vaccinations are derived from aborted fetal tissue. Vaccines for chicken pox, Hepatitis-A, and Rubella were produced solely from aborted fetal tissue".

Vaccine Ingredient: Formaldehyde

This is used in vaccines as a tissue fixative, and a preservative. Formaldehyde is oxidized to become formic acid. Formic acid is the main ingredient of bee and ant venom. Concentrated, it is corrosive and an irritant. While absorbing the oxygen of the body, it may lead to acidosis, nerve, liver, and kidney damage.

According to the National Research Council, fewer than 20% but perhaps more than 10% of the general population may be susceptible to extreme formaldehyde toxicity, and may react to exposure at any level. Formaldehyde is ranked as one of the most hazardous compounds on ecosystems and human health, according to the Environmental Defense Fund. These findings are for environmental exposure, and therefore, the dangers are much greater for the formaldehyde included in vaccines, since it is injected directly into the blood.

The known side effects of formaldehyde are:

- Eye, nasal, throat and pulmonary irritation
- Acute sense of smell due to altered tissue proteins
- Anaemia
- Apathy
- Blindness
- Blood in urine
- Blurred vision
- Pain
- Bronchial spasms
- Bronchitis
- Burns in sinus area and throat

Side Effects Of Vaccine Ingredient Formaldehyde (continued)

- Cardiac impairment
- Palpitations and arrhythmias
- Central nervous system depression
- Changes in higher cognitive functions
- Chemical sensitivity
- Chest pains and tightness
- Chronic vaginitis; colds
- Coma
- Conjunctivitis
- Constipation
- Convulsions
- Corneal erosion
- Death
- Destruction of red blood cells
- Depression
- Dermatitis
- Diarrhoea
- Difficulty concentrating
- Disorientation and dizziness
- Ear aches
- Eczema
- Emotional upsets
- Ethmoid polyps
- Fatigue
- Fecula bleeding
- Foetal asphyxiation
- Flu-like or 'common cold' illness
- Frequent urination with pain
- Gastritis
- Astrolntestinal inflammation
- Headaches
- Haemolytic anaemia
- Haemolytic haematuria
- Hoarseness
- Hyperactive airway disease
- Hyperactivity
- Hypomenstrual syndrome
- Immune system (allergen) sensitizer
- Impaired (short) attention span
- Impaired capacity to attain attention
- Inability or difficulty swallowing
- Inability to recall words and names
- Inconsistent IQ profiles
- Inflammatory diseases of the

- reproductive organs
- Intestinal pain
- Intrinsic asthma
- Irritability
- Jaundice
- Joint pain
- Joint swelling
- Kidney pain
- Laryngeal spasm
- Loss of memory
- Loss of sense of smell
- Loss of taste
- Malaise
- Menstrual and testicular pain
- Menstrual irregularities
- Metallic taste
- Muscle spasms and cramps
- Nasal congestion
- Crusting and mucosa inflammation
- Nausea
- Nosebleeds
- Numbness and tingling of the forearms and finger tips
- Partial laryngeal paralysis
- Pneumonia, and Pulmonary Oedema
- Reduced body temperature
- Retarded speech pattern
- Ringing or tingling in the ear
- Schizophrenic-type symptoms
- Sensitivity to sound
- Shock
- Short term memory loss
- Shortness of breath
- Skin lesions
- Sneezing
- Sore throat
- Spacey feeling

- Speaking difficulty
- Sterility
- Swollen glands
- Tearing
- Excessive Thirst
- Tracheitis
- Tracheobronchitis
- Vertigo
- Vomiting blood
- Vomiting
- Wheezing and Lung Complications



Vaccine Ingredient: Mercury

Mercury compounds are used in vaccines as preservatives.

The toxicity of mercury has been repeatedly ignored in the area of vaccines by the medical establishment and oversight agencies. Mercury is the second most poisonous element known to mankind (second only to uranium and its derivatives). Brain neurons rapidly and permanently disintegrate in the presence of mercury within 30 minutes of exposure. Mercury is also known to change a body's chromosomes, so I especially worry about those who have had mercury-based dental fillings (which are the standard 'silver' type), for these people are constantly being filled with this cumulative poison from the mercury's vapors as well as direct contact inside the mouth.

The U.S. has known about the potential problems of Thimerosal (the preservative in vaccines that contains mercury) for many years. The World Health Organization voiced concerns about it in 1990.

Mercury is a cumulative poison, which means a body has difficulty removing it, and that levels of it in the body will grow significantly over time. Enormous amounts of mercury can accumulate over a lifetime. During a typical day of routine vaccines, infants sometimes receive the same amount of mercury as the absolute maximum set by the World Health Organization for 3 months of adult exposure.

The following was taken from a website affiliated with the National Institutes for Health detailing the effects of mercury exposure: "Symptoms of high exposure to this class of mercury based compounds include: aphthous, stomatitis, satarrhal gingivitis, nausea, liquid stools, pain, liver disorders, injuries to the cardiovascular system and hematopoietic system, deafness and ataxia, death, headache, paresthesia of the tongue, lips, fingers and toes, other non-specific dysfunctions, metallic taste, slight gastrointestinal disturbances, excessive flatus and diarrhea may occur. Acute poisoning may cause gastrointestinal irritation and renal failure. Early signs of severe poisoning include fine tremors of extended hands, loss of side vision, slight loss of coordination in the eyes, speech, writing and gait, inability to stand or carry out voluntary movements, occasional muscle atrophy and flexure contractures, generalized myoclonic movements, difficulty understanding ordinary speech, irritability and bad temper progressing to mania, stupor, coma, mental retardation in children, skin irritation, blisters and dermatitis. Other symptoms

include chorea, athetosis, tremors, convulsions, pain and numbness in the extremities, nephritis, salivation, loosening of the teeth, blue line on the gums, anxiety, mental depression, insomnia, hallucinations and central nervous system effects. Exposure may also cause irritation of the eyes, mucous membranes and upper respiratory tract."

Complete intolerance to Thimerosal, the mercury containing preservative, is known to develop from previous vaccines. The vaccines stimulate the immune system and cause sensitization. The effects of mercury differ between inorganic, organic, and metallic mercury compounds. The neurologic toxicity symptoms caused by mercury compounds have a delayed onset after exposure, so few, if any of these symptoms will be noticed at the time of exposure. This explains the suspected long-term neurological symptoms of learning disabilities and behavior disorders associated with vaccines, which did not exist in previous generations.



Vaccine Ingredient: Antifreeze

Antifreeze (ethylene glycol) is an ingredient of the polio vaccine. It is classified as a "very toxic material". It would take less than a tablespoonful to kill a 20-pound dog with this substance. Pet owners are generally very wary around this

dangerous substance, knowing that only a small amount is fatal. I can only imagine the effects that this has on the human body when directly injected into the blood stream.

Antifreeze can eventually lead to kidney, liver, blood and central nervous system (CNS) disorders. It is quite harmful and likely fatal if swallowed. Effects include behavioral disorders, drowsiness, vomiting, diarrhoea, visual disturbances, thirst, convulsions, cyanosis, rapid heart rate, CNS stimulation, depression, cardiopulmonary effects, kidney disorders. It can also lead to liver and blood disorders. It produces reproductive and developmental effects in experimental animals.



Vaccine Ingredient: Aluminium

Aluminum is a suspected carcinogen. It is a cardiovascular or blood toxicant, neurotoxicant, and respiratory toxicant. It has been implicated as a cause of brain damage, and is a suspected factor in Alzheimer's Disease, dementia, convulsions, and comas. It has been placed on at least 2 federal regulatory lists.

Vaccine Ingredient: 2-Phenoxyethanol

This is a suspected carcinogen. A developmental and reproductive toxicant. It is also a metabolic poison, which means that it interferes with the metabolism of all cells. This is the primary factor in the formation of cancer cells. It is capable of disabling the immune system's primary response. It also contains phenol (see below for explanation).

Vaccine Ingredient: Phenol

This is a suspected carcinogen, and a cardiovascular and blood toxicant. Also known as carbolic acid; this is a developmental toxicant, gastrointestinal or liver toxicant, kidney

toxicant, neurotoxicant, respiratory toxicant, skin and sense organ toxicant. It has been placed on at least 8 federal regulatory lists.

Vaccine Ingredient: Methanol

This is a volatile, flammable, poisonous liquid alcohol. In industry, it is used as a solvent, and an antifreeze compound in fuel. In the body it is metabolized into formaldehyde (as described earlier).

Whilst it can be found naturally in the pectin that is present in some common fruits, the naturally occurring version is only in minute quantities, and the natural form is not known to cause harmful effects.

Vaccine Ingredient: Borax

(sodium tetraborate decahydrate)

Traditionally used as a pesticide and ant killer. It is suspected to be a cardiovascular or blood toxicant, endocrine toxicant, gastrointestinal or liver toxicant, and neurological toxicant. It was found to cause reproductive damage and reduced fertility rates in studies on rats. It is already banned in foods in the United States, but astonishingly, it is still allowed for direct injection into the blood through vaccines. It is toxic to all cells, and has a slow excretion rate through the kidneys. Kidney retention and toxicity are the greatest. It has a cascading effect, causing liver degeneration, cerebral edema, and gastroenteritis.

“A single vaccine given to a 6 pound infant is the equivalent of giving a 180 lb. adult 30 vaccines in one day.”

— Dr. Boyd Haley

Vaccine Ingredient: Glutaraldehyde

Glutaraldehyde is always toxic, causing severe eye, nose, throat and lung irritations, along with headaches, drowsiness, and dizziness. The effects mirror the chemical warfare agent known as nerve gas. It is poisonous if ingested, and known to cause birth defects in experimental animals. The effects of direct injection into the blood to bypass the process of ingestion are unknown. It is often used to clean medical equipment. In hospital accidents involving environmental exposure, it has



- Numbness in the back of the neck, radiating to the arms and back
- Tingling, warmth, and weakness in the face, temples, upper back, neck and arms
- Facial pressure or tightness
- Chest pain
- Headache
- Nausea
- Rapid heartbeat
- Bronchospasm (difficulty breathing) in MSG-intolerant people with asthma
- Drowsiness
- Weakness

been known to cause the following symptoms:

- Throat and lung irritation
- Asthma, asthma-like symptoms, and breathing difficulty
- Nose irritation, sneezing, and wheezing
- Nosebleed
- Burning eyes and conjunctivitis
- Rash-contact and/or allergic dermatitis
- Staining of the hands (brownish or tan)
- Hives
- Headaches
- Nausea

Vaccine Ingredient: MSG

(Monosodium Glutamate)

Monosodium Glutamate is a synthetic flavor enhancer. In a 1995 report by the Federation of American Societies for Experimental Biology, two groups of people were defined as intolerant of MSG. This includes those who eat large quantities of MSG (it is used in lots of processed foods as a flavor enhancer), and those with “poorly controlled asthma”. Our research indicates that anyone can suffer after consuming Monosodium Glutamate. In the 1995 report, which was contracted by the FDA, there was public admission that MSG yields the following symptoms:

- Burning sensations in the back of the neck, forearms and chest

Note that this is the short-list (the one with side effects the FDA actually admits), and it does not consider the higher toxicity of direct injection into the blood. The long list, which is about 15 times longer, includes heart attacks, especially in young people with magnesium deficiencies. Injections of glutamate in laboratory animals have resulted in rapid damage to nerve cells in the brain. MSG is in a special class of chemicals called excitotoxins, which are known to directly attack brain cells. In 1978, MSG was banned from baby foods and other baby products for infants who were less than one year of age, because the American Academy of Pediatrics and the National Academy of Sciences expressed concerns. It is now being used in these products again, along with vaccines.

Vaccine Ingredients: Sulfate and Phosphate Compounds

These can trigger severe allergies in children which may last throughout their lives to permanently impair their immune systems.

Vaccine Ingredient: Ammonium Sulfate

This is another carcinogen. Ammonium sulfate is prepared by mixing ammonia with sulfuric acid. It is used as a chemical fertilizer for alkaline soils to lower the pH of the soil. In the body, it stresses the immune system by causing acidosis.

Ammonium sulfate is also a gastrointestinal (liver) toxicant, neurotoxicant, and respiratory toxicant.

Vaccine Ingredient: Gentamicin Sulfate

This is a strong antibiotic, which is often used for life-threatening illnesses (eg. pneumonia).

Known side effects:

- Muscle twitching
- Numbness
- Seizures
- Increased Blood Pressure
- Alopecia
- Purpura
- Pseudotumor cerebri
- Photosensitivity
- Transient irritation
- Burning
- Stinging
- Itching
- Inflammation
- Angioneurotic edema
- Urticaria
- Vesicular and maculopapular dermatitis
- Mydriasis
- Conjunctival paresthesia
- Conjunctival hyperemia
- Nonspecific conjunctivitis,
- Conjunctival epithelial defects
- Lid itching and swelling
- Bacterial/fungal corneal ulcers

Vaccine Ingredient: Neomycin Sulfate

When researching this, we discovered the neurotoxicity of neomycin sulfate following oral use as an antibiotic. I can only wonder about what damage this causes when injected directly into the blood of infants. It interferes with vitamin B6 absorption, which is the cause of a rare form of epilepsy, and mental retardation. Adult patients given neomycin as an antibiotic are typically placed under close clinical observation (ie. hospitalized), so that intensive care intervention is immediately available. Neurotoxicity has been reported, along with nephrotoxicity, and permanent bilateral auditory ototoxicity.

Sometimes vestibular toxicity is present in patients with normal renal function when treated with higher or longer doses than recommended.



Vaccine Ingredient: Tri(n)butylphosphate

This is yet another carcinogen. This is a kidney toxicant, and a neurotoxicant. It is more hazardous than most chemicals in 2 out of 3 ranking systems, on at least 1 federal regulatory list.

Vaccine Ingredient: Polymyxin B

This is another antibiotic. Injection of this is generally avoided by doctors (except in the case of vaccines), due to severe pain at injection sites, particularly in infants and children.

Other Known Side Effects:

- Albuminuria
- Cylindruria
- Azotemia

- Rising blood levels without any increase in dosage.
- Facial flushing
- Dizziness progressing to ataxia
- Drowsiness
- Peripheral paresthesias: circumoral and stocking-glove
- Apnea
- Signs of meningeal irritation with intrathecal administration

Vaccine Ingredient: Polysorbate 20 / 80

Emulsifier

This is a suspected carcinogen. It is a known skin and sense organ toxicant. It is verified as a cancer agent in animals.

Vaccine Ingredient: Sorbitol

Sweetener

Diabetic retinopathy and neuropathy may be related to excess sorbitol in the cells of the eyes and nerves; leading to blindness. This is another suspected carcinogen. Sorbitol is a gastrointestinal and liver toxicant.

Vaccine Ingredient: Polyribosylribitol

This is an experimental artificial sweetener. Actually the experimentation is ongoing — in children that is, without the knowledge or consent of their parents.

Vaccine Ingredient: Beta-Propiolactone

Documented as a verified carcinogen. It is a gastrointestinal (liver) toxicant, respiratory toxicant, skin toxicant, and sense organ toxicant. More hazardous than most chemicals; earning a 3 out of 3 in ranking systems. It appears on at least 5 federal regulatory lists. It is ranked as one of the most hazardous compounds to humans.

Vaccine Ingredient: Amphotericin B

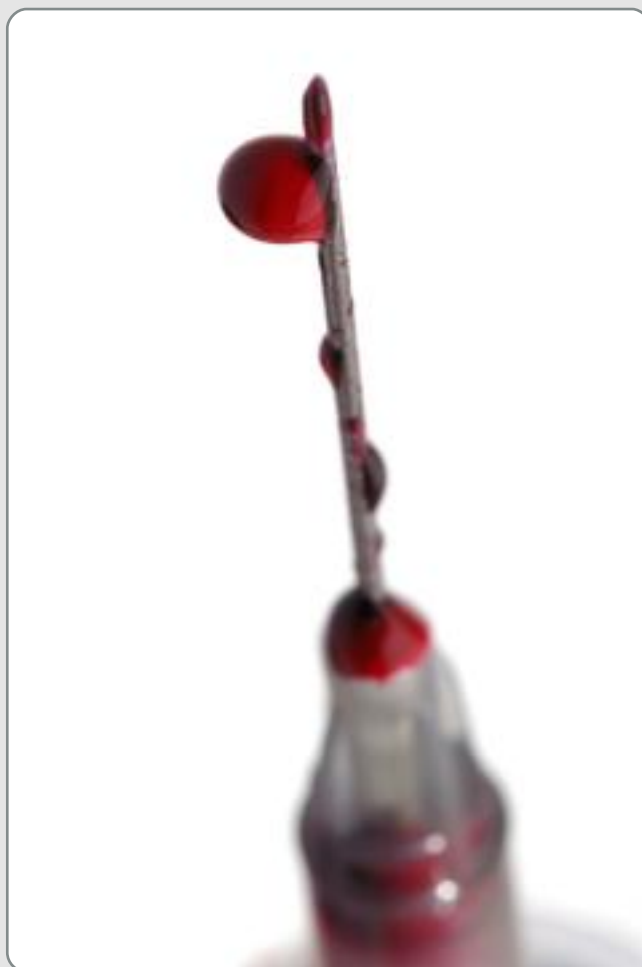
This can cause irreversible kidney damage, and mild liver failure. It has been known to produce severe histamine (allergic) reactions. There are several reports of anemia and

cardiac failure. According to the MME definition it is, “a drug used to treat fungus infections. Known allergy to this drug prohibits use. Side effects include blood clots, blood defects, kidney problems, nausea and fever. When used on the skin, allergic reactions can occur”.

Vaccine Ingredients: Animal Organ Tissue and Animal Blood

Animal cell lines are used to culture the viruses in vaccines, so animal tissues and impurities are included in the formulation that is injected. These tissues are unusable and toxic to the body except for when their protein materials are digested to form amino acids through normal food consumption. There is no digestion process for injections. Injections may also contain many types of animal viruses (see the Animal Viruses section).

Animals used include monkey (kidney), cow (heart), calf (serum), chicken (embryo and egg), duck (egg), pig (blood), sheep (blood), dog (kidney), horse (blood), rabbit (brain), guinea pig, etc..





Vaccine Ingredient: Large Foreign Proteins

In addition to the animal tissue impurities, there are large proteins that are deliberately included, and used for such purposes as adjuvants (substances that aggravate an immune response using their inherent toxicity). Egg album and gelatin (or gelatine, obtained from selected pieces of calf and cattle skins, de-mineralized cattle bones and pork skin) are in several vaccines. Casein (milk protein) is in the triple antigen (DPT vaccine). When injected, these normally harmless proteins are toxic to the body. Hence the immune system “response”. The immune system is intentionally stressed by this invasion to produce an unnatural sensitization to all the ingredients. The body will become further sensitive to these substances in the future, rather than becoming immune to them. So, the basic premise of vaccinations which the public has been sold is false. This explains why bizarre allergies such as lactose intolerance, egg, and nut allergies have suddenly become common in recent history.

Vaccine Ingredient: Latex

This is included in the hepatitis B vaccine which is given routinely to health workers. The high occurrence of the latex allergies among nurses is due to their sensitization to latex through the large amounts of chemical rubber which is injected into them. These vaccines produce a panicked immune response. These nurses will suffer with this allergy permanently. Such allergic reactions can be life-threatening. This vaccine is now routinely given to newborn babies in many countries, including Australia, and the United States.

Vaccine Ingredient: Animal Viruses

Some of these can be particularly alien to the human body. The most frequently documented and publicised example is the monkey virus SV40. The virus is harmless in monkeys, but it stimulates rare cancers when injected into humans producing brain (tumors), bone (e.g. multiple myeloma), lungs (mesothelioma), and lymphoid tissue (lymphoma). Monkey Virus SV40 has only appeared in people born in the last 20 years (The Journal of Infectious Diseases, Sept. 1999), long after the manufacturer claimed to have “cleaned up” the polio vaccines where it was found. Such cases include the late Alexander Horwin, both of whose parents tested negative for SV40. Therefore, recent cases cannot just be blamed on inheritance from parents who received the vaccine (see www.ouralexander.org). This proves that manufacturers are secretly including it again.

Vaccine Ingredient: Human Viruses

The viruses against which the vaccine is supposed to protect are frequently said to be “killed”, “inactivated”, or “attenuated”. This is a myth. The main method used to inactivate viruses is treatment with formaldehyde, whose effectiveness is limited, and even then only temporary. Once the brew is injected into the body, the formaldehyde is broken down by the body potentially releasing the virus in its original state. This is intentional. It is documented in orthodox medical literature that these living “crippled” viruses can revert to their former virulence.

Please remember that the included viruses, and bacteria, which the vaccine is supposed to protect against are claimed to be in “very small doses”. These small doses are not small to the body, and these quantities are quite high enough for the diseases to occur. When they do occur, the cases are always severe, and sometimes fatal. Several deaths were reported in the British medical journal, Lancet, from vaccine-induced yellow fever. A susceptible person may succumb to infection when exposed to only a minute doses, especially when it is injected directly into the bloodstream. Likewise, there are other cases in which a healthy person will not succumb, even when exposed to large doses environmentally. It is not the pathogens, but the interaction methods between pathogens and hosts which causes diseases to appear, and the level of their severity.

Vaccines may not manifest obvious injury, especially not immediately, but are still likely to cause long term harm to

internal organs and the immune system given their ingredients, and their known effects.

Most disease symptoms are the visible signs of a body's attempts to defend itself against the infection. With disease injections, many important defences in the digestion path and mucous membranes are bypassed.

Vaccine Ingredient: Mycoplasma

These are microscopic organisms lacking rigid cell walls and considered to be the smallest free-living organisms. Many are pathogenic, and one species is the cause of mycoplasma pneumonia; which interestingly, is noted to occur only "in children and young adults", according to Mosby's Medical Dictionary. This is not simply in vaccines by accident. It is deliberately added as an adjuvant (to increase the immune system's allergic "response") to the vaccine. The ingredients must be either poisonous, or slightly biologically infectious to trigger immune system responses, in other words.

system, and cripples the body's ability to remove wastes, toxins, and absorb nutrients categorically. The standard treatment for it with antibiotics often actually strengthens these infections in the long-term by killing more of the beneficial flora which normally keeps yeast overgrowth in check.

Vaccine Ingredient: Foreign DNA

DNA is used from such organisms as animals, viruses, fungi, and bacteria. It has been documented that injecting foreign DNA can cause it, or a portion of it, to be incorporated into the recipient's DNA. The horrendous long-term multi-generational implications defy the imagination. Although, some people might actually find it beneficial to have their grandchildren born with three arms, or horns from the head. These possibilities may seem far-fetched, but with the rate at which these type of ingredients are being incorporated into vaccines, it is a matter of when they happen — not if. Describing it as insane is being too gracious.

Prologue

The human body has never experienced such a direct invasion as this before. We hope that you consider this list, and the side effects of vaccines before giving your child vaccinations. We have strong reasons to believe that overall, and in general, that the risks of horrible and long-term side effects far outweighs the risks of the diseases which vaccines are supposed to prevent.

Human blood is supposed to be, and traditionally was, remarkably sterile. There were virtually no bacteria or organisms present in the bloodstream. With vaccines now being so prevalent, this is no longer the case. Contrary to what we have been told, they weaken the immune system dramatically instead of strengthening it. In the United States, the Hepatitis B Vaccine is given to a child on the day of his birth, often weakening his immune system for his lifetime. His small body is just becoming accustomed to the germs around him for the first time, and it needs the strong immune system that he was given to be intact.

Although vaccines are mandatory in the U.S., all states currently offer religious exemptions, and some states offer philosophical exemptions. You may wish to consider these as options in order to protect your children. Religious exemptions are quite appropriate for this, because you can tell them honestly, and with a straight-face, that you are doing it because it is the Christian thing to do.



Vaccine Ingredient: Genetically Modified Yeast

This is in the Hepatitis B Vaccine. Given the controversy over the ingestion of genetically modified foods, how much more dangerous do you think the direct injection of them is? What are the future consequences of this genetic experimentation against our children? Normal yeast that grows throughout the tissues is already known to be the root cause of countless ailments which can last for years, and in the rare cases when it is properly diagnosed, these are called yeast infections. Yeast overgrowth directly attacks the immune

Cooking With Andrea



Spicy Sweet and Sour Chicken Over Rice (or Pasta)



This irresistible recipe is known to give our familys' energy levels and immune systems a tremendous boost. It is highly recommended for times of sickness or allergies. We are not certain how it works, but we believe it is a unique combination of herbs, apple cider vinegar, and honey. While there is a large number of spices used in this recipe, it is not necessarily hot and spicy. The hotness depends on a the amount of Chipotle Chili used, and most of the spices cancel out the flavors of other spices somewhat.

Main Ingredients:

- ½ Medium Onion
- ½ Green pepper
- 1 Bottle Mushrooms
- 6 Cooked Boneless Skinless Chicken Breast
- 1 Large Can (16 oz.) Of Tomato Sauce.
- 1 Cup Of Apple Cider Vinegar
- 2 Cups Of Pure Honey
- 1 Tablespoon Soy Lecithin (optional)
- Whole Grain Rice or Pasta

Herbs and Spices:

- 2 Teaspoons Sea Salt
- 3 Tablespoons Garlic
- 3 Tablespoons Chili Powder
- 4 Tablespoons Paprika
- 3 Tablespoons Powdered Onion
- 1 Tablespoon Achiote Molido (Annatto)
- 1 Teaspoon Chipotle Chili Pepper*
- *(Caution: very HOT and spicy - optional)
- 2½ Tablespoons Curry Powder
- 2 Tablespoons Basil
- 1 Tablespoon Cumin
- ½ Cup Oregano



Begin by Sautéing diced onions and green bell peppers in a pan thickly coated with cold-pressed extra-virgin olive oil.



Prepare the different components of the recipe.

Make the base for the sweet and sour sauce by combining a 16 ounce can of tomato sauce, 1 cup of apple cider vinegar, 2 cups of pure honey, and 1 tablespoon of soy lecithin (optional). Heat until steaming while periodically stirring to dissolve and distribute the honey evenly. It should darken slightly. At this point the sauce can be tasted for tweaking the sweet and sour flavors caused by honey and apple cider vinegar respectively. It will be difficult to get the sweetness perfect once all the spices are added.

You may wish to prepare the rice or pasta simultaneously. Be sure to use whole grain pasta or brown rice.

Chop up cooked chicken, and mushrooms (optional) to be included later.



Mix all of the spices into the sweet and sour sauce and mix thoroughly. It will become considerably darker and thicker.

Stir the sauce while allowing it to simmer for about 15 minutes. This stage will require constant stirring, because the sauce will be so thick that it will splatter otherwise. This step is to blend the flavors as heat causes thousands of compounds to be released from the herbs into the base sauce. This is what gives the sauce its optimal blend of flavors, while eliminating the sandy texture of the powdered spices, and this step is also what makes this recipe so beneficial to health by releasing the herbal compounds. So, do not skip simmering the spiced sauce for a bare minimum of 15 minutes.

Finally, mix the onions, peppers, mushrooms, and chicken into the sauce. Heat, or allow to cool as desired by personal taste. The sauce may be thickened with a small amount of whole grain flour, if desired, but the sauce will thicken on its own when it cools. It is best thinned with spring water.

Serve the sweet and sour sauce over whole grain (brown) rice or whole grain, unbleached pasta.

Pecan Oatmeal Cookies

Ingredients:

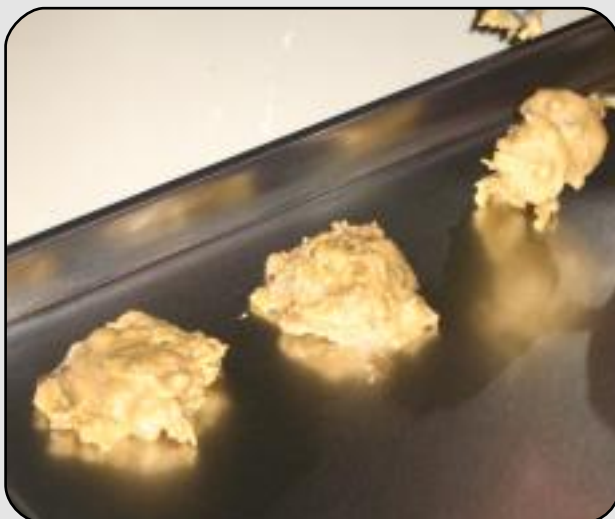
- 1 Stick of butter
- 2 cups of oatmeal flour
(you can make this yourself
by blending oats)
- 1½ cups of regular flour
- 1 cup of maple syrup
- ½ cup of honey
- 1 cup of apple juice
- ½ teaspoon of sea salt
- ½ teaspoon of baking soda
- 1 teaspoon of vanilla
- 2 pinches of cinnamon
- 2 eggs





Pictured left is fresh homemade oatmeal flour made by powdering oatmeal in a blender.

Combine liquid and dry ingredients in different bowls. Slowly add dry ingredients to the wet ingredients while mixing thoroughly.



Place mixture onto cookie sheets. Unbleached flour may be added if the consistency is too runny. Cook at 375° F for 9-11 minutes. This makes around 2 dozen cookies.

Homemade All-Natural Soft Burrito Shells

Ingredients:

2 cups all-purpose unbleached flour
1½ teaspoon baking powder (aluminum free)
1 teaspoon sea salt
8 teaspoons extra-virgin cold-pressed olive oil
1 cup warm milk

Directions:

Mix flour, baking powder, salt and oil together in a bowl. Slowly add the warm milk. Stir until a loose sticky dough is formed. Knead for 2 minutes on a floured surface. Dough should be firm and soft. Place in a bowl, and cover with plastic wrap for 20 minutes. Break into 8 sections, roll into balls. Roll out to approximately 8-inches in diameter. Fry on high for 20-30 seconds on each side.



Useful Herbs: Heal Thyself

By Sarah Cain, Staff Writer



Herbs can be extremely therapeutic and provide a variety of health benefits. It is believed that about half of the pharmaceutical medicines were originally derived from natural sources. Due to the usefulness of, and sheer number of beneficial herbs, this is likely to remain an ongoing feature. One of the most important things to remember is that alternative medicine does not endorse, and is often ineffective if used alongside the popular 'pop a pill' mentality. It does not take eight years of medical school to comprehend that taking pills does little except temporarily suppress the symptoms of whatever ails a patient, but it is the quick fix. The best remedy for exhaustion will always be sleep, and hunger would ideally be answered with fruits and vegetables. However, people sometimes need medication because of poor judgement, poor diet, or unfortunate circumstances. Natural medicines are safer and more effective in the long-term, and occasionally, in the short term too. Coverage is never denied.

"And the fruit thereof shall be for meat, and the leaf thereof for medicine".

— Ezekiel 47:12, The Bible

Guarana: The New Ritalin For The Rest Of Us

One of the most common complaints among those suffering with chronic disease and illness is fatigue, exhaustion, and an inability to concentrate. When the immune system is weakened, it literally uses up all of its energy trying to fight off the infection. Likewise, due to our modern eating habits, the immune system of the average person is under constant stress, leading to chronic fatigue.

Guarana is an all-natural stimulant which contains a substance called guaranine, which is often mistaken for caffeine. Guaranine is much safer, and yet is more potent as a stimulant. Guarana also contains large amounts of theophylline, theobromine, and tannic acid. It is rich in saponins which reduces the risks of cancer and boosts the immune system. Guarana seed is not water soluble, so absorption is usually slow. While the effects of caffeine only last for around 3-4 hours, the effects of guarana can last for 8-10 hours. Other than elevating the blood pressure, guarana is harmless.

Studies in rats have shown that guarana increases memory retention and physical endurance in comparison to a placebo. A 2007, double-blind study assessed behavioral effects of four doses (37.5 mg, 75 mg, 150 mg and 300 mg) of guarana extract. Memory, alertness and mood were increased, which confirmed previous evidence of cognitive improvement following just 75mg guarana. Surprisingly, the two lower doses produced more positive cognitive effects than the higher doses.

The Human Cognitive Neuroscience Unit which conducted the study concluded that "the effects cannot be attributed to caffeine alone". Caffeine is found inside the nuts that produce guaranine, and it has been impossible to chemically separate caffeine from guaranine, so it is commonly believed that guaranine is the same as caffeine. In fact, the same people making these claims must also acknowledge that guaranine and caffeine have different strengths, are found in different plants, and have considerably different effects. So this confusion demonstrates just how primitive modern science is at understanding these kinds of substances. It is similar to the way that chemists cannot find a difference between synthetic and natural vitamins, but the human body will rapidly flush out only the synthetic vitamins. The human body knows the difference between organic (real) vitamins and synthetic vitamins, and it likewise knows the difference between caffeine and guarana.

Guarana is ideal for dieters, because it somehow

releases and uses energy primarily from fat cells. This process is not understood either, but it has been repeatedly observed and documented. In a study published in the June 2001 issue of the Journal of Human Nutrition, guarana extract induced weight loss over 45 days in overweight patients taking a mixed herbal preparation containing yerbe mate, guarana, and damiana. Body weight reductions averaged 11.22 pounds in the guarana group compared to less than one pound in the placebo group after 45 days.



It is difficult to find something that compares with guarana. It enhances mood, improves concentration, improves memory, dissolves fat cells, and provides abundant energy for about 7 hours safely and naturally without any jitteriness or side effects. We can foresee that guarana herbal extracts are going to become very popular.

There are many properties to guarana which remain unexplained by science, and the true chemical-makeup is apparently rather unclear. Some studies cited antioxidant and antibacterial effects, with fat cell reduction in mice when combined with CLA (found in real butter). We do not know of all the benefits of guarana at this time, but we will print additional articles as research yields more information.

Guarana is not recommended for those with chronically high blood pressure, and there are the usual warnings for pregnant women. In the people who can take guarana, it will enhance their mood, help with weight loss, and will undoubtedly provide a much-needed energy boost.

If you doubt the power of herbal medicine, then this is the one you need to become a believer.

Why Chamomile Should Always Be In Your Medicine Cabinet

Chamomile has not only been popular with modern alternative medicine practitioners, but its medicinal roots can be traced back for centuries. It is famous for its ability to ease discomfort in the digestive tract. It has also been used for:

- Allergies
- Indigestion
- Anxiety
- Insomnia
- Colic
- Crohn's disease
- Diarrhea
- Migraines (resulting from allergies)
- Irritable bowel syndrome
- Peptic ulcers
- Skin irritations
- Minor wounds

In our household, the most common use is a tropical application on insect bites. Chamomile eliminates itching better and more rapidly than any pharmaceutical or retail product that we have found. The insect bites often disappear



completely within hours of chamomile application. Chamomile is also effective as a mild sedative for promoting restful sleep when infused into tea, or otherwise taken internally. It is ideal for anyone who suffers from insomnia because it is unlikely to cause drowsiness the following morning if taken at a reasonable time in the evening. For those who suffer with

insomnia, we urge you to deal with the cause; whether it is emotional or physical. In the meantime, chamomile will certainly help. Tropical applications of chamomile has shown to decrease the healing time necessary for wounds.

To make a tropical application solution, mix ground chamomile powder with vodka. These are the two methods of manufacture we recommend. Method 1 is to blend chamomile flowers with vodka, and then strain. Another method for making the topical solution is to purchase chamomile as a

supplement, and then empty the chamomile powder from the capsules into the vodka. It will be ready after thorough mixing. The solution should be stored in the refrigerator. The solution becomes stronger with time, so we make our own solution long before we need it.

Chamomile has become known among some gardening circles as the 'plant doctor' due to its ability to help the health of other plants growing nearby. It is also said to increase the production of essential oils in those nearby plants.

Chamomile is also a natural antihistamine, which helps to treat allergies and asthma. Allergies only occur when the immune system is weakened, but chamomile tea or supplements will help to quell the symptoms.

Warning: Chamomile is a relative of ragweed and should be used with caution in those who suffer from ragweed allergies. If an allergic reaction occurs, discontinue.

Turmeric and Sage: All-Natural Decongestants

It is wonderful when the answer to your ailment is waiting on your spice rack, or easily available at your local grocery store. Traditional Chinese medicine (TCM) practitioners have used turmeric medicinally in order to help with liver and gallbladder disorders. It has also been used to treat respiratory congestion, poor circulation, and to aid digestion. TCM also uses turmeric to help induce rapid healing of bruises and sprains. It is both an anti-inflammatory and an anti-oxidant, so adding it to foods is never a bad idea. The positive effects on the respiratory system are often felt when suffering with lung infections, including bronchitis, pneumonia, a cough, or even asthma. The only known side-effect is its tendency to stain all textiles. Fresh turmeric should be refrigerated.

Fresh sage also has a range of different benefits, including the relief of joint pain, mild tranquilizing effects, boosting the memory and aiding in liver disorders. Many of these actions are shared by turmeric. Most notably, they are both very useful for respiratory infections. Sage helps to expel excess mucus from the lower respiratory tract, which relieves a great amount of stress on the immune system. Sage is also smoked in order to help with asthma, and is a close relative of *Salvia Divinorum*.

Both sage and turmeric have powerful astringent properties, which means that they cause shrinkage of mucous membranes and inflammation. They also help to clear the sinuses. These effects, combined with their effects to the

respiratory system make them good items to supplement into your diet during the common cold, the flu, pneumonia, allergies, and bronchitis. They are both highly recommended due to their immune boosting effects combined with the direct medicinal impact upon the respiratory tract.

While alternate medicine usually tends to focus more on curing afflictions by targeting their root causes, there are nevertheless times when people need immediate symptom relief. Turmeric and sage are helpful for those times.

Cherries Are More Potent Than Arthritis Drugs

Cherries are considered to be among the most powerful disease fighting foods available, largely because of their high antioxidant and flavonoid content. Cherries are becoming well known for their ability to improve the circulation, along with possessing anti-aging and anti-carcinogenic properties.

According to the USDA, "Arthritis hurts. But fresh cherries may help". Cherries are most famous in the holistic community for their ability to relieve the pains of arthritis and gout. Researchers from the Michigan State University found that anthocyanins, the same chemicals that give cherries their color, have powerful anti-inflammatory affects. A study as far back as 1999, showed that these anthocyanins inhibit COX-2 enzymes, which play a key role in the body's production of prostaglandins — natural chemicals involved in inflammation. Unfortunately, cooking cherries is known to kill many of the beneficial compounds found inside them. So, eating cherry pie probably will have very little effect. You may either eat cherries raw, or purchase concentrated cherry supplements if you need high potency, or just convenience. You can find them available at some supermarkets, but we strongly recommend purchasing all supplements from health food or herbal stores, because of serious quality issues at most regular retailers. Concentrated cherry supplements have been shown to be more effective in reducing arthritis pain and inflammation than pharmaceuticals.

Cayenne Pepper: The Hottest Thing For Heart and Blood Pressure Problems

Cayenne is a herb which should be added to your foods whenever possible. Cayenne's benefits to the digestive system, circulatory system, and the heart have earned it the nick-name "miracle herb". Some people have used it to aid with weight loss due to its ability to boost the metabolism.

Cayenne pepper was first used as a stimulant by the Cherokee Indians. It is most notable for its effect upon the heart. Cayenne has been known to stop heart attacks within 30 seconds when taken orally.

WARNING:

If you believe that you are having a heart attack, then call an ambulance for emergency assistance. It is okay to use cayenne in addition to calling, but do not forgo calling. Cayenne may not be enough to save your life during a heart attack, and therefore, it is critical to seek emergency medical help. Please err on the side of caution during potential heart emergencies. The orthodox medical establishment is the best at emergency medicine, and it may be too late for alternative medicine during an emergency.

The benefits of cayenne usage were first reported by Dr. David Christopher, a naturopathic doctor who spent most of his life discovering and promoting alternatives to pharmaceutical medications. Of course, he spent his career being persecuted for challenging the establishment as well. He is the most noted pioneer in the modern use of cayenne pepper for medication. Dr. Christopher was so instrumental in promoting cayenne in the naturalistic, nutritional, and herbal communities that he is sometimes referred to as "Dr. Cayenne".

"Recent clinical studies have been conducted on many of the old-time health applications for this miracle herb. Again and again, the therapeutic value of cayenne pepper has been medically validated."

— Dr. Patrick Quillin

Cayenne has been used medically for thousands of years, and most other nations are much more likely use such herbs as part of their standard orthodox medical protocols. These countries always have better treatment results. In fact, the U.S. is ranked 38th in life expectancy, which places the U.S. health care system below Cuba's, South Korea's, Costa Rica's, Guadeloupe's, Singapore's, and 32 other nations, according to an investigative report by Mother Jone's

Magazine. These countries do not have an organization like the FDA suppressing traditional herbal remedies on behalf of the pharmaceutical industry.

Cayenne's effects on the heart have been ridiculed by the medical establishment because this common spice is not backed by millions of dollars in investments and years of studies. These investments and studies will never materialize, because pharmaceutical corporations know that they cannot patent natural substances. There is also a certain degree of professional arrogance at play preventing most doctors from considering that a simple spice is potentially more powerful than the expensive and complex pharmaceuticals that they have studied for years. They also have an understandable level of fear about incurring the wrath of the FDA if they were to ever use an "unapproved drug", and of course, that approval will never come since no company will fund research into something that they can never patent. This is how the "science" of the drug racket operates. Making the problem worse is the fact that cayenne's most impressive property; namely its ability to sometimes stop an ongoing heart attack, cannot be tested. Testing this would require intentionally inducing heart attacks with study participants, and not many people are going to be willing to be a part of that. We certainly would not want to touch that.

Cayenne should be used daily for anyone who has problems with their heart or blood pressure, because it is beneficial to both. Unlike pharmaceuticals, cayenne pepper helps blood pressure regardless of whether the blood pressure is initially high or initially low, because it relaxes blood vessels while causing the heart to beat more efficiently, which practically guarantees circulation improvement regardless of the pre-existing condition. This is the difference between man-made, and God's medicines. Cayenne is yet another herb that does what the "experts" believe is impossible.

Its main medical applications are: weak digestion, chronic pain, shingles, heart disease, sore throats, headaches, high cholesterol levels, poor circulation, blood pressure issues, heart attacks, and toothaches.

The use of cayenne has been attributed to the following benefits in patients: dissolving plaque in the arteries, improving heart efficiency, relaxing blood vessels, increasing metabolism, it helps the body to eliminate scar tissue after heart attacks, eliminates pain when applied topically, produces endorphins to enhance mood, eliminates shock, eliminates cluster headaches and in some cases, migraine headaches,

fighting cancer, provides partial relief of sinus problems and congestion, is anti-inflammatory, causes weight loss, prevents blood clots, reduces serum cholesterol, reduces triglycerides, reduces platelet aggregation, cures stomach ulcers, alleviates muscles spasms, cramps, and bowel pain, and it will rapidly cure sore throat infections when used in a gargle.

It is popular to use cayenne infused in warm water. Some people add around half a teaspoon of cayenne to 8 oz. of water, and then gradually increase the amount of cayenne as their tolerance grows. However, if you believe that you are actively experiencing a heart attack, then we do not recommend relying on cayenne alone.

In the event of a heart-attack, these are our recommendations:

1. Call an ambulance.
2. Do not skip step #1.
3. Make a cayenne transdermal absorption pack. Do this by wetting a rag with hot water, and fold it so that it is a quarter of its normal size. Then coat one side of the wet rag with a layer of cayenne pepper.
4. Lay on your back and apply this to the bare skin of your abdomen area. (The skin of the abdomen area has the fastest absorption, and this positions the cayenne compounds in the vicinity of the heart.)
5. Try to relax. Wait for help, at least until the symptoms subside.
6. Remember step #1.



Salt Of The Earth

Most people grew up watching commercials about the plethora of reasons to restrict their intake of salt. There is at least a partial truth to them. A body recognizes table salt as being slightly toxic, and we definitely should limit our intake of it. In fact, we feel that table salt should be banned from all foods, because it is simply not safe to consume. The medical establishment reminds us that table salt can raise the blood pressure, cause cardiac failure, damage the kidneys, aggravate asthma, cause kidney stones, and even be a contributing factor of osteoporosis. The establishment makes no distinctions between the different types of salt. All the while, the chemical industry places its processed table salts in the overwhelming majority of foods.

They will happily allow us to believe that all sodium is dangerous, and will eventually destroy us. Ironically, they also promote chemically engineered 'flavor-enhancing' excitotoxins like Monosodium Glutamate. They conveniently omit mentioning that naturally occurring (unprocessed) sodium is not a poisonous substance. The real issue is that the word unprocessed translates for them into the word unprofitable.

Only chemically bastardized table salt is harmful in low doses. We could not survive without sodium, and this is even admitted by modern medicine. Instead of recognizing the differences between man-made and God-made substances, FDA officials and industry insiders just tell us to reduce our salt intake, and provide us with chemical methods through which this may be achieved. A whole new industry has since been created to cater to the health-conscious people who happily seek the 'lower sodium' options. This is great for industry, which first creates the problem, and then further profits by providing 'the solution'. This provides plenty of incentive for them to prevent us from discovering that salt (sodium) is beneficial for our health, and most of us do not get enough natural sodium.

Sea salt is a natural source of sodium, packed with minerals that are essential for good health. It is what all of us

would be using if the chemical companies did not have such a grasp around our society's throat. The chemical industry was kind enough to instead bless us with bleached-white, easy to pour, toxic table salt.

The incredible array of minerals that are found in sea salt are particularly important in this era. Our soils are so depleted by chemical fertilizers that our bodies are consistently deficient in trace minerals necessary to fully utilize vitamins. These include selenium, which has been in the news for preventing cancer, boron for preventing osteoporosis, and chromium for regulating blood sugar levels. All of these minerals are depleted in our modern diets. Tap water in the U.S. is simply too dangerous to drink, and many of the minerals in it are neutralized by chemical processing, such as chlorination. These mineral deficiencies are a large part of why so many Americans are obese. Through malnutrition, their bodies are always starving, regardless of how much food, and how many calories are consumed.

Our best remaining sources of essential trace minerals are spring water and natural sea salt. The sea salts at general retailers and grocery stores are noticeably white, and contain silicon dioxide, or calcium silicate, to ensure easy pouring. In other words, these salts have been somewhat 'helped' by the chemical industry too, so beware of them. For optimal health, visit a health food store to buy grey sea salt, in its natural form. While you are there, it would be wise to purchase a food-based multi-vitamin, because our chemical fertilizer-depleted diets no longer provide all of the vitamins that we need, either.

The biggest surprise from our research was that small quantities of natural sea salt will actually lower the blood pressure of many people, because it provides some of the minerals necessary for blood pressure regulation. This is something you are not likely to learn from the regular media, the F.D.A., or the medical journals, because this information is bad for business, and proves the prevailing theories wrong. It is what they call science.

Are you a Naturally Good writer?

We are looking for talent, and more importantly, we are looking for character. Do you have what it takes to become one of us? Do you have the guts to address thousands of people and have your name permanently affixed to your work? Are you willing to walk off the beaten path and against opposition to find the truth, even when it is inconvenient? Are you willing to become an old-fashioned investigative journalist despite the fact that many people will not understand it, and some people will even hate you for doing the right thing: for telling the truth? If we are describing you, then you are exactly the type of trouble-maker that we are looking for, and we would love to welcome you into our family. We are waiting to hear from you.

<http://naturallygoodmagazine.com>

For generations, health-conscious people around the world have recognized that the foundation to a healthy life and healthy body is clean, fresh drinking water. This important essential element is the basis for enjoying your longest, healthiest life. No amount of vitamins or supplements can substitute for the vital life-sustaining properties found in nourishing, healthful drinking water. It is truly the foundation of life.

Unfortunately, securing your access to good tasting, sparkling, wholesome drinking water can be harder than you might expect. Water is often laced with chlorine, lead, high levels of harmful bacteria, and other unwanted chemicals and contaminants. Frequently these produce unpleasant tastes and odors. Even bottled water can contain these same contaminants, and moreover it is very expensive. Other filtration systems are inferior. Most do not remove pathogenic bacteria and many remove the beneficial minerals that your body needs.

Berkey Systems has long been recognized as the world's ultimate in water purification. Its simple, highly effective method of using gravity was developed almost 200 years ago, yet it still produces some of the finest, most healthful drinking water available.

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